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ABSTRACT

Developed to assist child care providers in starting or maintaining a nutrition education program, this guide lists resources primarily directed toward adults who care for young children (2 to 5 years of age) and toward the children themselves. Over 90 entries concerning nutrition education materials have been included. Each resource has been evaluated and selected according to criteria such as availability, manner of presentation, accuracy of nutrition education content, and appropriateness for use in child care settings. Each entry provides title and publication information, details of format, source, cost, and language of text; an abstract; and an evaluation of the item's content and presentation. Entries are organized either by intended audience or by type of material. The first section, "Nutrition Education Programs," consists of references to materials for children and adults; these materials are intended to provide a complete child care nutrition education program. The second section, "Aids for Teaching Caregivers," includes references directed toward child care providers and parents. A third section, "Lesson Plans for Teaching Children," lists materials dealing with curricula. The fourth section, "Food and Nutrition Activities for Teaching Children," mentions resources for classroom use. The last section provides references for audiovisual aids for teaching children and caregivers. (RH)

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United States Department of Agriculture

Food and Nutrition Service

FNS-241

Nutrition Education for Preschoolers

A Resource Guide for Use in the Child Care Food Program

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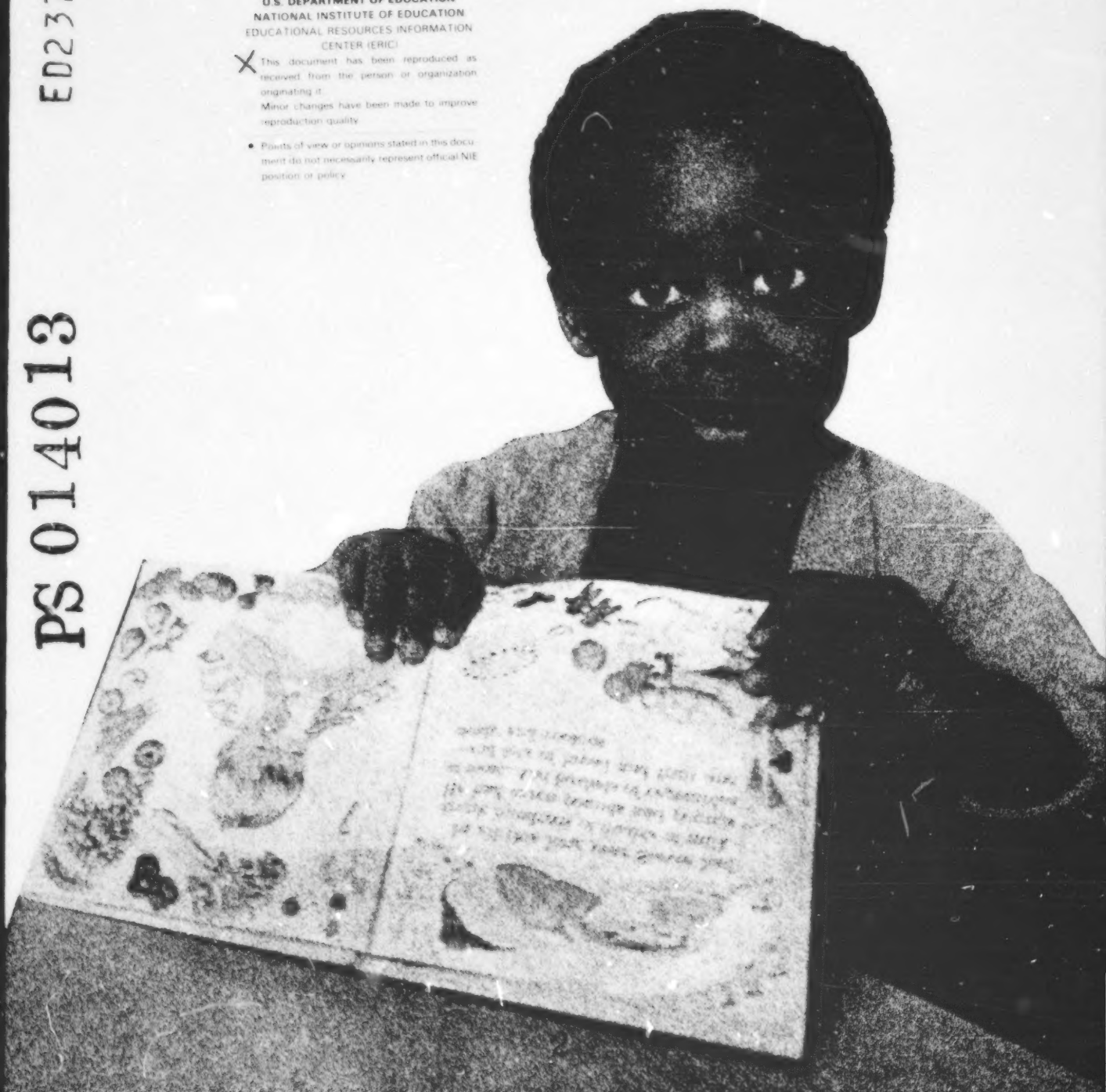

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Nutrition Education for Preschoolers

A Resource Guide for Use in the Child Care Food Program

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Introduction

Nutrition Education in the Child Care Food Program

Need for Nutrition Education in Child Care Settings

Positive eating patterns established early in life help young children to grow and develop healthy bodies, and can lead to better health in their adult years. Lifelong eating patterns are usually established at an early age. Thus, nutrition education is likely to have its greatest impact, as well as benefit, when targeted to young children. Nutrition education can be an integral part of the learning and skills development of children if integrated into the child care program. Children can learn to enjoy a variety of nutritious foods through meals served in the child care setting. Nutrition education can also be easily directed toward parents and child care providers. These adults largely dictate the food choices available to young children and also serve as role models for children in making food choices.

Need for This Resource Guide

Many child care center staff and family day care home providers participating in the Child Care Food Program are interested in providing nutrition education for the children in their care. This resource guide has been developed to assist these child care providers in starting or maintaining a nutrition education program. The resources in this guide are primarily directed to the adults who care for young children ages 2 to 5 and to the children themselves. Over 90 nutrition education materials have been included, with information on how to obtain them. Each material listed has been evaluated and selected based on its availability, manner of presentation, accuracy of nutrition education content, and appropriateness for use in child care settings.

Preparation of the Resource Guide

Collection of Materials

Many of the materials reviewed were obtained from the National Agricultural Library's Food and Nutrition Information Center (FNIC). The FNIC is a national depository for both print and audiovisual materials on human nutrition, nutrition education, food service management, and food science. The FNIC collection ranges from children's materials to the most sophisticated professional information. In addition, materials were solicited from national, regional, and State level staff of the U.S. Department of Agriculture's (USDA) Child Care Food Program, Nutrition Education and Training Program, and Cooperative Extension Service. Materials were also requested from the U.S. Department of Health and Human Service's Head Start Program, several colleges and universities, child care associations, and other public and private organizations. In addition, several bibliographies of nutrition education resources were consulted.

Review of Materials

A two-phase review of the materials was conducted. In the first phase of the review, materials were screened according to their relevance to the child care setting, manner of presentation, and availability. In the second phase of the review, nutritionists screened materials for accuracy and appropriateness of their nutrition education content.

The 1980 edition of the Recommended Dietary Allowances of the National Academy of Sciences was a primary reference consulted in the review of the nutrition content of materials. The criteria and evaluation tools that were used in the review process may be obtained by writing to:

Director
Nutrition and Technical Services Division
Room 609
Food and Nutrition Service, USDA
3101 Park Center Drive
Alexandria, VA 22302

How To Use This Resource Guide

Organization of Materials

Materials in this guide are organized either by the intended audience of instruction or by the type of material. The first section, Nutrition Education Programs, consists of materials that are directed to both child and adult audiences and are intended to provide a complete child care nutrition education program. The second section is entitled Aids for Teaching Caregivers. This section includes materials that are directed to child care providers and parents. A third section consists of a series of Lesson Plans for Teaching Children, and a fourth section describes various Food and Nutrition Activities for Teaching Children. The last section consists of Audiovisuals for Teaching Children and Caregivers. Each section is preceded by an introduction that provides more information on the types of materials included in that section of the resource guide.

Title and subject indexes are included to assist you in locating materials in this resource guide.

Subject categories include:

- Basic Nutrition
- Common Nutritional Problems of Childhood
- Promoting Positive Food Practices
- Snacking
- Food Safety and Hygiene
- Food Preparation/Cooking Activities
- Food, Nutrition, and the Handicapped

Description of the Materials

Each entry in the bibliography contains the following elements:

- Title and Publication Information: The title is underlined. The author is listed after the title where applicable. The place of publication, publisher (or producer), and year of

publication follow the author. If no publication date is listed on the material, the entry says "Not dated."

- Format: This describes the type of material. For books, pamphlets, and booklets, the number of pages is given. The length of playing time is provided for audiovisuals.

- Source: The address to write for information or to order materials is given.

- Cost: Information on the price of each item is given for items that may be purchased. Some materials are available only on a single-copy basis. If ordering in quantity, we recommend you confirm the price before placing an order. Information on whether a material can be reproduced and conditions for reproduction are also given in this section. Some materials are not available for purchase, but may be borrowed from the Food and Nutrition Information Center.

- Languages: A notation appears only if a material is available in any languages other than English.

- Abstract: The abstract is a description of the material's content.

- Appraisal: This is an evaluation of the material's content and presentation. Strengths of the material are highlighted, and suggestions for using the material are given.

Other Sources of Nutrition Information

Many of the materials cited in this resource guide are part of the FNIC collection. The Source entry identifies materials available from the FNIC. Many other materials on human nutrition, nutrition education, food service management, and food science are also in the FNIC collection. You can request these materials and any other materials in the FNIC collection on loan from the Center, at no charge. For information, contact:

The Food and Nutrition Information Center
National Agricultural Library, Room 304
Beltsville, Maryland 20705
Telephone: (301) 344-3719

A county or city public health nutritionist may be able to help plan a center's or day care home's nutrition education program. Nutrition education materials may also be available at local public libraries, nearby college or university libraries, local schools, and your State or County Cooperative Extension Services.

The Nutrition Education and Training (NET) Program Coordinator, who is located in each State's Department of Education or an alternate State agency, is another source of information on nutrition education resources for use in child care. The purpose of the NET Progam is to help build good food habits by teaching the fundamentals of nutrition to children, parents, educators, and food service workers. Many of the materials included in this resource guide have been developed through the NET Program.

For more information on the Child Care Food Program or the NET Program, contact the appropriate Regional Office of the U.S. Department of Agriculture's Food and Nutrition Service:

Administrator
Northeast Regional Office
Food and Nutrition Service, USDA
33 North Avenue
Burlington, MA 01803

Administrator
Mid-Atlantic Regional Office
Food and Nutrition Service, USDA
Mercer Corporate Park
Corporate Boulevard
C N 02150
Trenton, NJ 08650

Administrator
Southeast Regional Office
Food and Nutrition Service, USDA
1100 Spring Street, NW
Atlanta, GA 30367

Administrator
Midwest Regional Office
Food and Nutrition Service, USDA
50 E. Washington Street
Chicago, IL 60602

Administrator
Southwest Regional Office
Food and Nutrition Service, USDA
1100 Commerce Street
Dallas, TX 75242

Administrator
Mountain Plains Regional Office
Food and Nutrition Service, USDA
2420 West 26th Avenue
Room 430-D
Denver, CO 80211

Administrator
Western Regional Office
Food and Nutrition Service, USDA
550 Kearny Street
San Francisco, CA 94108

Nutrition Education Programs

Each of the resources in this section contains a combination of materials in different formats that are directed to both children and adults. They range from teachers' guides and texts to cookbooks, puppets, games, and audiovisual materials. These materials are designed to complement each other in providing a comprehensive nutrition education program for child care.

1 Cook And Learn, by Thelma Harms and Beverly Veitch. Menlo Park, CA: Addison-Wesley Publishing Co.; 1981.

FORMAT: 244-page recipe book; 400-page resource book; 62-page teacher's guide booklet; slide/tape set of 101 color slides and accompanying audio-cassette tape

SOURCE: Print materials available from Addison-Wesley Publishing Company, Innovative Division, 2725 Sand Hill Road, Menlo Park, CA 94025

Slide/tape set available from Dr. Thelma Harms, Frank Porter Graham Child Development Center, 500 NCNB Plaza, Chapel Hill, NC 27514

Also available free on loan from FNIC.

COST: Cook And Learn: A Child's Cookbook - $9.50; Selected Recipe Steps and Newsletters - $17.50; Learning From Cooking Experiences - $3.50; Cook And Learn Slide/Tape and Discussion Guide - $51.00 (each item sold separately)

ABSTRACT: This comprehensive nutrition education program for use with preschool and elementary children consists of four separate components:

Cook And Learn: A Child's Cookbook - This pictorial cookbook contains step-by-step instructions for 160 nutritious recipes children can prepare. Each simple recipe makes just enough for a single portion.

Selected Recipe Steps and Newsletters To Accompany "Cook And Learn" - This component contains tear-out, ready-to-use, large pictures for 50 favorite recipes from "Cook And Learn" and sample newsletters to duplicate and send home to parents.

Learning From Cooking Experiences: A Teacher's Guide To Accompany "Cook And Learn" - This book presents cooking as a learning experience. It provides the teacher with a step-by-step outline: (1) an aim, (2) an objective, (3) materials needed, (4) procedures to follow, (5) follow-up, and (6) evaluations. The section on fitting the cooking experiences to the children's abilities gives advice on selecting recipes, making recipe cards, and involving children in food preparation as early as 2 years of age. Other sections are included on measurement, utensils and appliances needed, and parent involvement. There is also a list of questions for teachers to ask children to foster discussions that broaden the learning experiences and an annotated list of children's books about food and cooking.

Cook And Learn Slide/Tape and Discussion Guide - This 15-minute slide/tape presentation illustrates teachers using the "Cook And Learn" method with children in day care centers and public schools. The discussion guide that accompanies the presentation has a series of questions on key ideas to stimulate discussion about the method. The complete script of the audio portion of the presentation, and technical instructions, are included.

APPRAISAL: One relatively unique aspect of the "Cook And Learn" program is the use of single-portion recipes to increase the involvement of the individual child in the complete process of food preparation in a classroom situation. Some recipes are less specific than is desirable, and a few have not been revised fully for single portion preparation.

All recipes in this book have been tested in the classroom by a preschool teacher. A teacher or parent must assist the preschool child with steps involved in certain recipes. Although some recipes call for deep fat frying, no mention of appropriate safety precautions is made, and it is questionable whether preschool children should be involved in this process. The coordinated slide and tape for staff training should be viewed in advance for suggestions on adapting the method for use with the preschool child. The time it takes to prepare the recipes is not indicated; pointers on ways to fit the preparation into the classroom schedule might have been helpful. The sample content for newsletters to parents should be helpful to teachers. Very good basic information on various topics in nutrition education is included in the newsletter format. One newsletter focuses on nutrition-related health problems in childhood, including iron-deficiency anemia. However, it does not mention specific foods that are good sources of iron.

2 Early Childhood Nutrition Program, by Jill Randell and Christine Olson. Ithaca, NY: Division of Nutritional Sciences, New York State College of Human Ecology and New York State College of Agriculture and Life Sciences; 1979.

FORMAT: A three-part boxed kit containing a 190-page lesson plan book, and 52-page and 21-page booklets

SOURCE: Distribution Center, Cornell University, 7 Research Park, Ithaca, NY 14850

COST: $20.00 for the complete kit. Quantity discounts are available. Additional Nutrition Activities booklets may be purchased separately.

Also available free on loan from FNIC.

Parts are also available in Spanish.

ABSTRACT: This kit is a resource for integrating nutrition education into preschool programs for 2- to 5-year olds. Parent education receives special emphasis in the program materials. The program consists of three main components described below.

Educator's Guide: Food Experiences or Young Children - This 190-page idea and resource book contains information on the how and why of food and nutrition education programs. It includes four activity sections plus recipes, ideas for puppets, songs, and stories, and a section of annotated references and resources.

Nutrition Activities: Pre-schoolers and Parents - This activity book is the companion book to the Educator's Guide. It includes nutrition information sheets for parents and recipes and activities for parents and children to do together in the home. It is available as a set of ditto masters, either in English or Spanish, or as a paper booklet, also in English or Spanish.

Early Childhood Educators: Nutrition Handbook - This 52-page booklet of basic nutrition information, and specific information about preschoolers' food habits, provides background for early childhood educators and child care providers conducting programs in nutrition.

An optional flip chart, Parents and Preschoolers: A Recipe for Good Nutrition, is sold separately. It is reviewed in the training aids section of this bibliography.

APPRAISAL: This excellent program provides young children with varied and fun food experiences. The material gives child care staff and parents much useful information on nutrition and the promotion of positive food practices. It is a colorful and attractive presentation including graphics and varied print size which add to its appeal.

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3 Food . . . Early Choices: A Nutrition Learning System for Early Childhood. Rosemont, IL: National Dairy Council; 1979.

FORMAT: Boxed kit containing a program overview, teacher's guides, learning activity cards, a puppet, and parent materials

SOURCE: Available from your local Dairy Council or the National Dairy Council, 6300 N. River Road, Rosemont, IL 60018

COST: $45 for complete kit

ABSTRACT: This is an integrated nutrition learning system for preschoolers, from 3 to 5 years old, which can be used to involve children in a variety of food related experiences. A Program Overview presents the rationale, describes all materials and activities, and relates the children's learning activities to the parent materials. A Teacher's Guide provides information on food and basic nutrition as well as on using the program. Twenty-two Learning Activity Cards provide sequential nutrition lessons and activities that use resource materials contained in the kit. Parent Materials contain 18 take-home handouts corresponding to the children's learning activities. Several resource materials complete the program: a hand puppet that plays a central role in introducing the activities and teaching the concepts, food playing cards, food pictures, floor mat, a Growing Up poster, Where and How We Get Our Food booklet, food puzzles, and a song record.

APPRAISAL: This is an excellent comprehensive program for teaching nutrition to preschoolers. It is filled with practical information and teaching aids. Teachers are given a step-by-step program for nutrition education in an appealing format. The approach and level of difficulty is suitable for young children. Activities can be enjoyed repeatedly. Parent materials are master copies and can be photocopied or mimeographed.

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4 Good Nutrition Is for Everybody, by Priscilla Naworski. Vallejo, CA: Vallejo Unified School District; 1979.

FORMAT: 274-page curriculum guide book, teacher's resource booklet, 30-page cookbook, 15 teacher information cards, set of 10 posters

SOURCE: Priscilla Naworski, Vallejo City Unified School District, 211 Valle Viste Avenue, Vallejo, CA 94590

COST: $7.00

ABSTRACT: This nutrition education program consists of four components. (1) A Curriculum Guide For Nutrition Education With Preschool Children - These lesson plans integrate nutrition education into all areas of the preschool curriculum. The curriculum guide is indexed according to preschool study units such as personal identity, families, plants, and animals. Coloring sheets, patterns for games and visual materials, and some parent education take-home sheets are included. (2) Poems, Songs, and Finger Plays - This teaching resource is a collection of songs, poems, and finger plays to be used at language or circle time. The collection is indexed by nutrition concept areas for easy location of material. (3) I Can Cook by Myself . . . With a Little Help - Individual cooking recipes are illustrated in step-by-step pictures in this cookbook. Recipes are indexed according to degree of difficulty, dexterity skills, and ethnic origins. An equipment list is included, as well as safety rules that can be posted in the classroom. Each cookbook comes with a matching set of "Teacher Information Cards." Each card explains the objective, procedure, and evaluation for each recipe. (4) Poster set - The set consists of 10 black and white posters to accompany Good Nutrition Is for Everybody.

APPRAISAL: The lesson plans are well-integrated, attractively presented, and have been developed at a level appropriate for the preschooler in terms of both content and time required for lessons and activities. The approach is positive and creative. It incorporates some time-tested ideas for activities and teaching aids and introduces some that are original.

5 Good Nutrition: Try It, You'll Like It, by Molly C. Garelick and E. Audrey Clark. Northridge, CA: Northridge Preschool Lab, California State University; Not dated.

FORMAT: Set of 50 cardboard sheets, four booklets, and two filmstrips with cassette tapes

SOURCE: Matador Book Store, California State, California State University at Northridge, 18111 Nordhoff Street, Northridge, CA 91330.

COST: $35.00

ABSTRACT: This is a comprehensive program designed to help children age 3 to 8 develop nutritious food practices early in life. It also includes a nutrition education component for parents and child care staff. The package consists of six modules. Module I provides two levels of instruments that can be used to assess the nutrition knowledge of preschoolers and adults and also to measure the effectiveness of nutrition education programs with these groups. Module II consists of cardboard sheets that contain 50 food and nutrition classroom activities and games for teachers to present to children. Order of presentation is flexible to allow activities to be incorporated into the existing curriculum. Areas emphasized in this module include (1) growing and preparing foods, (2) developing cognitive skills, (3) promoting creative expression and learning about science and health, and (4) observing holidays. Module III is a recipe book containing 86 recipes. Each recipe has been tested for taste appeal and analyzed for its nutritional value using a technique called the Index for Nutrient Quality (INQ). Holiday and ethnic recipes are included. Primary emphasis is on snacks - oriented toward or easily adapted to child-assisted preparation. Module IV consists of two filmstrips and audiocassettes which present nutrition concepts to young children. In Wolfie Gets Hungry, the focus is on food acceptance. Puppet characters, representing various ethnic backgrounds, introduce Wolfie to several new foods from different cultures. I'm Hungry is a cartoon filmstrip featuring Hungry, who, because of his poor eating habits, is always hungry and lacks energy. Module V suggests a variety of techniques for communicating nutrition information to teachers and/or parents. Techniques range from ideas for educational meetings and tasting parties to bulletins/notices to be sent home. The U.S. Dietary Guidelines is the basis for much of the information presented. Module VI consists of patterns that can be duplicated and cut out and then used in conjunction with some of Module II's activities to illustrate characters and objects. Two other audiovisuals, Nutrition: Try It, You'll Like It and The Index of Nutritional Quality: A Method for Identifying the Nourishing Aspects of Foods, although not included in the kit, are appropriate for use in conjunction with this program. These films are described in the audiovisual section of this resource guide.

APPRAISAL: This program has many strengths. It is comprehensive, uses attractive formatting, and has many creative and fun, yet educational, activities for children. It also includes an assessment and evaluation component. The flexibility with which the activities can be used is an added advantage in a day care center setting. The value of this program has been enhanced as a result of pilot testing and subsequent revision.

6 Nutrient Density Nutrition Education - A Nutrition Education Curriculum for Grades K-1 and Teacher Training Materials. Logan, UT: Department of Nutrition and Food Sciences, Utah State University; 1975.

FORMAT: Series of kits for various grade levels and a kit containing teacher training materials

SOURCE: Greg Robinson, Utah State University Foundation, UMC 93, Logan, UT 84322.

COST: $395 for complete curriculum K-6; $136 for curriculum K-1, including Teacher Training Materials. For information on obtaining Teacher Training Materials above, contact Greg Robinson 800-453-2882. Prepayment required for individual units, payment in 30 days if ordering complete set.

Also available free on loan from FNIC.

ABSTRACT: This series of kits introduces, explains, and implements the concept of nutrient density, a technique for assessing nutritional value of foods, as a nutrition education tool. The Teacher Training Materials kit contains an audiocassette and instructional booklet on two topics. One topic, "Nutrition Education: An Integrated Curriculum," introduces various curriculum areas into which nutrition may be integrated. The other topic, "Index of Nutritional Quality (INQ): Concept and Applications," explains nutrient density as a teaching concept. A second kit contains a nutrition curriculum unit specific to grades K-1. Its core materials contain a teacher's manual, student's skillbook, four nutrient function posters, and 129 full-color food profile cards. Four basic concepts are covered in this unit: understanding nutrition through an interest in a variety of foods, the nutritional value of different foods, food groups, and the relationship between nutrition and good health. Behavioral objectives with lesson plans, activities, and an evaluation form are included for each concept. Additional kits are available for curricula 2-3 and 4-6.

APPRAISAL: All of the materials in the two kits reviewed here are structured for presenting well-planned activities. The activities are an excellent means by which children can participate in creative learning experiences about the value of specific foods and about making wise food choices. Young children may not fully understand the food profile cards, but should be able to learn to distinguish between foods of high and low nutrient density. The food profile cards are also a useful tool for teaching the concept of nutrient density to adults. Many of the lessons, games, and activities could be adapted for the older preschool child. An educator unfamiliar with the nutrient density teaching concept should pay particular attention to the teacher training materials.

7 Nutrition Education - Choose Well Be Well (A Curriculum Guide for Preschool and Kindergarten and A Resource Manual for Preschool, Kindergarten, and Elementary Teachers). Sacramento, CA: California State Department of Education; 1982.

FORMAT: 190-page curriculum book and 39-page resource manual, softbound

SOURCE: Publications Sales, California State Department of Education, P.O. Box 271, Sacramento, CA 95802

COST: $3.75 (plus tax for California residents) for curriculum guide; $2.25 (plus tax for California residents) for resource manual

ABSTRACT: Nutrition Education - Choose Well Be Well consists of a series of curriculum guides and accompanying resource manual. It can be used to implement nutrition education at the preschool through senior high school levels. The nutrition education objectives and corresponding lesson plans are organized into five topic areas: food choices, factors influencing food choices, food-related careers, consumer competencies, and food handling. The activities are designed to help children to reach established performance levels for different grades as identified in the Minimum Proficiency Levels for Nutrition Education in California Schools. The curriculum guide for preschool and kindergarten contains 12 information lessons, four open-ended discussion lessons, and one values awareness lesson. The resource manual provides background information to give teachers insight into the lessons and to help teachers acquire the needed competence for providing effective nutrition education. Questions are included after each topic, allowing teachers to check students', and their own, retention of key facts.

APPRAISAL: This curriculum and accompanying resource manual provide a well-organized and comprehensive nutrition education program for a child care setting. Among the many strengths of the curriculum are its objective-based lesson plans; its concise presentation and effective formatting of information; and inclusion of worksheets, puzzles, and games with attractive artwork to accompany the lessons. The suggested meal patterns for preschool children are not consistent with the meal patterns for the Child Care Food Program.

Aids for Teaching Caregivers

This section describes materials that can be used to teach nutrition and education principles to child care center staff and day care home providers or to parents. Nutrition education directed to child care providers will motivate and better equip them to conduct food and nutrition activities with children. Food service workers can also benefit from nutrition education by learning to prepare more attractive, varied, and nutritious meals. Parent education and involvement in preschool food and nutrition activities are also important objectives of nutrition education in child care. When parents are knowledgeable about nutrition, they can more wisely select the foods served at home and can support and reinforce nutrition concepts taught at the center. Your center may want to start parent education when the child is enrolled and reinforce this education through such vehicles as newsletters, bulletin board notices, parent conferences and workshops, and menu planning committees that involve parents.

8 ACE Child Care Food Program Correspondence Course. Littleton, CO: Arapahoe County Extension Service; Not dated.

FORMAT: 120-page photocopied workbook

SOURCE: Arapahoe County Nutrition Program, 5334 South Prince Street, Littleton, CO 80166

COST: $2.40

ABSTRACT: This correspondence course designed for child care providers covers the following topics: the development of good food habits, food safety and sanitation, cooking with children, food groups and nutrients, food budgeting, menu planning, and food preparation and purchasing. Each chapter includes a list of resources and supplementary materials for children and parents, as well as a self-test to take and mail back before receiving the next chapter. A certificate of completion is awarded for successfully completing three chapters within 1 year.

APPRAISAL: This correspondence course is an innovative idea for presenting information on nutrition and other topics to child care providers. The self-tests are good reviews of the information provided in each chapter. The chapter texts are retained and can become handy reference materials. Chapter presentations are well-organized and easy to understand. Chapter 4, "Cooking With Kids," is filled with useful projects, activities, and newsletters for parents with young children.

---

9 A Guide to Nutritive Value. Ithaca, NY: Cornell Cooperative Extension, Cornell University; 1982.

FORMAT: 2-page pamphlet

SOURCE: Distribution Center, 7 Research Park, Cornell University, Ithaca, NY 14850

COST: $.35 for single copy, quantity discount available.

ABSTRACT: The pamphlet unfolds into a chart that shows the percentage of the U.S. Recommended Daily Allowance (U.S. RDA) for various nutrients that can be obtained from some common foods. An explanation of the U.S. RDA and an estimate of the calorie and nutrient needs of individuals according to their age and sex is also provided.

APPRAISAL: The chart on U.S. RDA of commonly consumed foods would be a useful aid to child care staff in planning nutritious meals. It could also be used as a nutrition education vehicle aimed at parents of preschoolers. From the chart, it is easy to spot foods which are rich in nutrients such as protein, calcium, vitamins A and C, and riboflavin and thiamin.

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10 Calendar Keeper 1983 - A Recordkeeping System for Child Care Providers. St. Paul, MN: Toys 'N Things Press; Fifth edition 1983.

FORMAT: 9" x 12-1/2" 60-page calendar (also available in larger size 11-1/2" x 16")

SOURCE: Toys 'N Things Press, 906 North Dale Street, St. Paul, MN 55103

COST: 1983 edition $6.50 each, plus $1.50 shipping and handling; 1984 edition $6.95 + $1.75 shipping and handling; Discounts for quantities of five or more.

ABSTRACT: The calendar keeper is a recordkeeping system in calendar format designed specifically for family day care providers. A special larger edition is available for day care centers. It contains forms for keeping income, expenses, attendance, and other records. In addition to the recordkeeping charts, a nutrition activity page is included for each month. It includes a variety of USDA-approved menu and recipe suggestions, nutrition facts, games, and fun ways to involve children in meal preparation.

APPRAISAL: Integration of nutrition education related information enhances this day care business aid. Effective formatting and artwork make the calendar very readable. The number of servings a recipe yields is not always identified.

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11 Child Nutrition and Health, by Bobbie Hutchins. Hightstown, NJ: McGraw-Hill Book Company; 1979.

FORMAT: 234-page teacher's manual and 56-page workbook

SOURCE: McGraw-Hill Book Company, P.O. Box 402, Hightstown, NJ 08520

COST: $5.96 for teacher's manual and $4.00 for workbook

ABSTRACT: Child Nutrition and Health has two components: a teacher's manual and a companion workbook. The text gives a basic understanding of the health and nutritional needs of children from birth to adolescence. Topics addressed that are particularly relevant to child care settings include the nutritional needs of preschoolers and assessment of their health status, principles of promoting positive food practices among preschoolers, meal and snack planning, and principles of food safety and hygiene. Also featured are food patterns for various ethnic groups and meal planning for special occasions. Workbook sections correspond with chapters and include discussion items, questions and answers, and skill-building activities.

APPRAISAL: The well-written and comprehensive teacher's manual is an excellent reference for child care staff on a broad range of food - and nutrition-related topics. The attractive format and the highlighting of sections are helpful to the reader. The workbook would also be a useful aid in training child care staff.

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12 Creative Food Experiences for Children, by Mary T. Goodwin and Gerry Pollen. Washington, DC: Center for Science in the Public Interest; 1974.

FORMAT: 191-page book

SOURCE: Center for Science in the Public Interest, 1755 "S" Street, NW, Washington, DC 20009

COST: $12.95 hard cover; $5.95 soft cover

ABSTRACT: This book is designed as a resource for parents, teachers, and caregivers of young children to use in teaching children about food. The first two sections of the book consist of an introduction to nutrition concepts and a guide to involving children in food experiences. The remaining sections consist of a series of participatory activities, recipes, and a list of resources. Activities are organized in some parts by food groups and in other parts by academic subject area. Each activity is clearly presented with an objective, list of materials needed, and procedures to follow.

APPRAISAL: This complete text incorporates tips for teachers in preparing for and conducting learning activities with food for children. In addition to learning about food and nutrition, young children may improve their motor skills and enhance their social and emotional development by participating in the activities.

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13 Feeding Management of a Child With a Handicap - A Guide for Professionals. Memphis, TN: University of Tennessee Center for the Health Sciences, Child Development Center; 1982.

FORMAT: 85-page book

SOURCE: University of Tennessee Center for the Health Sciences, Child Development Center, 711 Jefferson, Memphis, TN 38105

COST: $4.00 per copy

ABSTRACT: This book is designed for use by professionals working with handicapped children. It deals specifically with feeding problems of the handicapped child. The book examines normal development and handicaps that affect feeding. Subject areas related to feeding problems include social skills and behavior; intellect; physical development; nutrition; reflexes and their feeding implications; and gross, fine, and oral motor skills. Information is also provided on assessing and dealing with feeding problems.

APPRAISAL: This material uses fairly technical terms and concepts with regard to feeding the handicapped child. It would not be suitable for most day care providers, but personnel of a center for handicapped children should have sufficient background to use it. The emphasis is on feeding rather than nutrition education topics.

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14 Feeding Your Child (1-5). Oklahoma City, OK: Nutrition Division, Oklahoma State Department of Health; Not dated.

FORMAT: 11-page booklet

SOURCE: Nutrition Division, Maternal and Child Health Services, Oklahoma State Department of Health, P.O. Box 53551, Oklahoma City, OK 73152

COST: Single copy free; may be reproduced if permission is requested and appropriate credit is given to Oklahoma State Department of Health.

ABSTRACT: This booklet provides general information and advice about the nutritional needs and eating habits of preschool children. It also includes tips on how parents can help their children develop positive eating habits and maintain good health through increasing the appeal and acceptability of nutritious foods.

APPRAISAL: The ideas and food suggestions are relevant to preschoolers. A handy chart recommends numbers of servings and serving sizes. The emphasis is on offering small serving sizes. This would be a good handout for day care home providers to give to parents.

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15 Feeding Your Preschooler. Corvallis, OR: Nutrition Graphics; 1981.

FORMAT: poster

SOURCE: Nutrition Graphics, 610 S.E. Chester, P.O. Box 1527, Corvallis, OR 97339

COST: $1.00

ABSTRACT: This four-color wall chart provides information on the number and size of servings recommended from each of five food groups (milk and milk products; fish, poultry, meat, and beans; breads and cereals; fruit and vegetables; fats and sweets) for preschoolers in two age groups, 1-3 and 4-6 years. The chart also provides examples of specific foods that would fulfill these requirements. Tips on how to select nutritious food in each group are also presented. A section is included that identifies some common feeding problems and gives suggestions on how to cope with them.

APPRAISAL: This is very colorful and well-formatted wall chart. Good sources of vitamins A and C are conveniently highlighted. The tips on common feeding problems are brief and easy to understand.

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16 Food Before Six. Rosemont, IL: National Dairy Council; 1982.

FORMAT: 8-page pamphlet

SOURCE: National Dairy Council, 6300 North River Road, Rosemont, IL 60018

COST: $.20

ABSTRACT: This booklet serves as a guide for parents in feeding young children. It discusses the skills, habits, and temperament of young children and how these might limit the development of positive eating practices. It suggests the kinds and amounts of food to serve preschoolers and how to cope with their eating idiosyncrasies. A chart illustrates serving sizes for two age groups, 2- to 3- and 4- to 6-year-olds.

APPRAISAL: This well-prepared pamphlet provides the reader with an awareness and understanding of the eating behavior of young children. It is a good handout to give to the parents of preschoolers. It may also be useful to child care providers.

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17 Food for the Preschooler; Volumes I, II, and III. Olympia, WA: Department of Social and Health Services; 1981.

FORMAT: Three booklets, 12 pages each

SOURCE: Department of Social and Health Services, Health Education, Mailstop LB-12C, Olympia, WA 98504

COST: $.10 each; $.30 a set

ABSTRACT: Three colorful booklets provide parents with brief, simple advice for encouraging children to develop good eating practices. Volume I discusses how a child's appetite may vary, provides a daily food guide (with appropriate serving sizes), explains a child's need for iron, and includes a list of iron sources. Suggestions for mealtime atmosphere, practical utensils, finger foods, and breakfast also are included. Volume II complements the previous material with a discussion of food habits and preferences, meal preparation with children, and snacks. Volume III offers short discussions of dental health, obesity, television advertising, salt intake, and the USDA dietary guidelines.

APPRAISAL: This is an extremely well-written series which gives complete and accurate information in an appealing format on high quality paper. Readability is enhanced by variation in print size.

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18 Food for Your Child Ages 1-5: A Guide for Parents. Raleigh, NC: North Carolina Agricultural Extension Service and North Carolina Department of Human Resources; 1980.

FORMAT: 1 sheet, multifolded

SOURCE: Nutrition and Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

COST: Single copy free. A self-addressed, stamped envelope is requested. May be reproduced.

Also available in Vietnamese and Laotian.

ABSTRACT: Reasons for and descriptions of eating behaviors such as food jags, rituals, dislikes, and small appetites are provided for parents. As a way to encourage good food habits, parents are urged to make eating a pleasant experience for the child. A daily food guide displays recommended number and size of servings from each of the Basic Four food groups for 1- to 3-year-olds and 3- to 5-year-olds.

APPRAISAL: Children's individual needs, the importance of permitting them to make choices about food, and the desirability of keeping sweets low in the diet are emphasized effectively. The material is presented in an attractive, well-organized format.

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19 Food Models and Food Models Guide for Teachers and Other Leaders. Rosemont, IL: National Dairy Council; 1977.

FORMAT: 146 models on 10 cards and leader's guide booklet.

SOURCE: Local Dairy Councils, or National Dairy Council, 6300 North River Road, Rosemont, IL 60018

COST: Prices vary in different areas; contact your local Dairy Council or the National Dairy Council at above address.

ABSTRACT: The food models are life-size full color photographs of foods commonly eaten. They are on varnished heavy card stock and are in exact portion size. On the back of each food model the following information is listed: name, weight, and measure of the food stated in household and metric terms, nutrient composition, and contribution to the U.S. Recommended Daily Allowances (U.S. RDA) and the National Research Council Recommended Dietary Allowances (RDA). The guide explains the difference between the U.S. RDA and the RDA. The guide provides information on general use of the food models with preschool children and gives a few suggested learning activities for this age group. Results of testing the food pictures with preschoolers and third graders are included in the guide.

APPRAISAL: The food models are a very useful tool for teaching young children to identify foods. They can be used for activities in which children are asked to pick out appropriate food choices. The guide has a helpful section on use of the models with preschoolers. The models are very durable and any surface soil can be wiped off with a cloth.

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20 Food, Nutrition, and the Young Child, by J. Endres and R. Rockwell. St. Louis, MO: C.V. Mosby Company; 1980.

FORMAT: 312-page text (paperback)

SOURCE: C.V. Mosby Company, 11830 Westline Industrial Drive, St. Louis, MO 63141

COST: $13.95 plus state sales tax

Also available free on loan from FNIC.

ABSTRACT: This text presents the basic concepts of food and nutrition for young children. Oriented specifically to child care providers, the text is divided into three sections: nutrition, food service management, and nutrition education. It details the particular nutritional needs of infants and preschoolers and includes a chapter on involving parents in nutrition education.

APPRAISAL: The text is comprehensive, and its style is clear and not overly technical. This book would serve as an excellent general reference for child care providers or as a text for training providers and food service personnel.

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21 Foods for Toddlers and Preschoolers, by Sarah Hinton, Diane Kerwin, and Barbara Mann. Raleigh, NC: North Carolina Agricultural Extension Service, A & T and North Carolina State Universities; 1981.

FORMAT: 12-page flipchart

SOURCE: Nutrition and Dietary Services Branch, Division of Health Services, P.O. Box 2091, Raleigh, NC 27602

COST: Single copy will be loaned to State agencies as supplies permit.

Also available free on loan from FNIC.

ABSTRACT: Colorful drawings of children and food illustrate the brief text which provides information both for promoting good food habits and for helping children with eating problems, such as food jags, food rituals, and food dislikes. Tips on how to make eating and mealtimes pleasant experiences for children are included. Reminders cover serving sizes, food consistency, special eating utensils, and mealtime environment. Drawings of foods emphasize children's food preferences, the number of servings needed from each of the basic four food groups, and nutritious snacks. The table-top flipchart design allows instructors to read from the back while the class views the front.

APPRAISAL: This flipchart emphasizes meeting special food needs of children and suggests ways to provide pleasant eating experiences in a warm and positive manner. Colorful, appealing illustrations include children from various ethnic backgrounds. Text is directed to parents but may be adapted for use with child care staff.

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22 Help Your Child Join the Cavity-Free Generation. Minneapolis, MN: Nutrition Department, General Mills, Inc.; Not dated.

FORMAT: 11-page booklet

SOURCE: Nutrition Department, General Mills, Inc., Department 45, P.O. Box 1112, Minneapolis, MN 55440

COST: $ .50 per copy

ABSTRACT: This booklet presents an overview of the cause-and-effect relationship between eating patterns and cavity formation. It also discusses techniques for maintaining dental health.

APPRAISAL: An easily understandable explanation of the causes of, and methods of preventing, tooth decay is presented in this booklet. It also effectively links nutritious, well-balanced meals and snacks with dental health. The booklet would be a useful handout on dental health to give to parents.

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23 Make Eating a Pleasure. Rochester, MN: Child Care Resource and Referral, Inc.; Not dated.

FORMAT: 3-page pamphlet

SOURCE: Child Care Resource and Referral, Inc., 1312 N.W. 7th St., Suite H, Rochester, MN 55901

COST: $.20 (one copy only) plus self-addressed stamped envelope.

ABSTRACT: This is a handout with tips on providing positive eating experiences for children that will in turn help them develop good eating habits and attitudes. The pamphlet gives a few pointers on menu planning, premeal activities and preparation, seating arrangements at the table, and serving food. Ways to encourage children to try a new food are outlined.

APPRAISAL: This handout gives some concisely worded pointers on desirable practices to follow when serving young children. It is useful for the child care provider, preschool teacher, and parent. The list of "do's and don't's" related to encouraging a child to try new foods is helpful.

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24 Making Mealtime a Happy Time for Preschoolers - A Guide for Teachers. Sacramento, CA: California State Department of Education; 1982.

FORMAT: 12-page booklet

SOURCE: California Nutrition Education and Training Program, California State Department of Education, Sacramento, CA 95814

COST: Single copies free; may be reproduced if credit is given to California State Department of Education.

ABSTRACT: This booklet contains practical suggestions on improving the mealtime environment for preschoolers. It includes a premeal checklist plus mealtime suggestions on introducing new foods, socialization, dealing with special circumstances, and ways to include children in meal preparation.

APPRAISAL: The premeal checklist provides helpful hints for creating a positive mealtime environment. All the mealtime suggestions are simply stated, easy to understand, and practical. This is a handy guide for food service personnel and parents as well as child care providers.

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25 Meal Planning for Young Children Ages 1-6: New Ideas for Building Little Appetites. Minneapolis, MN: Nutrition Department, General Mills, Inc.; Not dated.

FORMAT: 20-page booklet

SOURCE: Nutrition Department, General Mills, Inc., Department 45, P.O. Box 1112, Minneapolis, MN 55440

COST: $ .50 per copy

ABSTRACT: This is a pamphlet oriented to parents that discusses factors and techniques for encouraging positive food practices and experiences. It provides information on children's eating patterns, behavior, and skill development.

APPRAISAL: The information included is very useful to parents, readily understandable, and presented in a positive manner. Although the print is small, the booklet is easy to read.

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26 Nourishing and Nurturing Two-Year-Olds: A Program for Parents and Caregivers, by Hannah Dusto, Christine Olson, and Jennifer Birckmayer. Ithaca, NY: New York State College of Human Ecology, Cornell University; 1982.

FORMAT: Five 1-hour modules with leader's guide booklet and fact sheets; 7-minute slide show with script.

SOURCE: Distribution Center, 7 Research Park, Cornell University, Ithaca, NY 14850

COST: $22.00 (discounts available for large quantities); additional sets of the five fact sheets can be ordered at $1.75 per set.

ABSTRACT: This is a program for teaching care providers and parents how to meet the nutritional needs of 2-year-old children while fostering good eating habits. It consists of a 7-minute slide show with script, Nourishing and Nurturing Two-Year-Olds, and five 1-hour modules with leader's guides and reproducible fact sheets for distribution. Supplemental materials illustrate and reemphasize information from each module. The module subjects include: "Two-Year-Olds: What Are They Like?," "Nutrition and Growth," "Eating and Developing," "Environments for Eating," and "Creating Food Experiences."

APPRAISAL: This is a well-organized and presented program kit. The information is basic, practical, and complete with regard to supporting a nutritious diet and fostering good eating habits in toddlers.

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27 Nutrition and All That Jazz: A Nutrition Handbook for Preschool Teachers and How To Avoid, "Eat It... It's Good for You": A Parents' Handbook of Nutrition Awareness and Activities for Preschoolers, by Madalaine Pugliese. Boston, MA: Simmons College; Not dated.

FORMAT: 41-page and 25-page booklets

SOURCE: Available free on loan from FNIC.

May be reproduced if credit is given.

Also available in Spanish and Chinese.

ABSTRACT: This is a set of two nutrition handbooks:

Nutrition and All That Jazz - A preschool teachers' handbook that explains the necessity for early childhood nutrition education. Activities are grouped into five areas: science, language arts/reading readiness, mathematics, social studies, and art. Lesson plans list applicable concepts or topics for discussion, suggested activities, background information, and enrichment activities. Suggestions for field trips, tasting parties, parent involvement, and cooking ideas are also provided. A resource list includes both Spanish and English materials.

How To Avoid, "Eat It ... It's Good for You" - This parents' handbook complements the concepts and activities in the teachers' handbook. It focuses on the importance of early childhood nutrition education, proper nutrition, and consumer product information. Learning activities, snack suggestions, resource materials, and recipes are included.

APPRAISAL: The preschool teachers' handbook introduces some basic nutrition education concepts, issues, and background information, but is not comprehensive. The parents' handbook is designed to supplement the preschool teachers' handbook although it can be used alone. The organization and presentation of both handbooks are easy to follow.

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28 Nutrition and the Handicapped, by Nancy S. Wellman, Sheah Rarback, Lea Gwaltney Basch, and Shan Biesman-Simons. Miami, FL: Florida International University, School of Technology, and Florida Department of Education; 1982.

FORMAT: 40-page book

SOURCE: NET Program, State of Florida, Department of Education, #2 Executive Building, Tallahassee, FL 32301

COST: Free. Material can be reproduced if credit is given to the Florida Department of Education and Florida International University.

Also available free on loan from FNIC.

ABSTRACT: This book contains information and practical suggestions for preventing or treating common nutrition problems of handicapped children. The handbook also contains nutrition information. A list of recommended books dealing with general nutrition and feeding skill development is included.

APPRAISAL: This is recommended as a quick reference handbook. It includes a helpful checklist of warning signs of poor nutrition. A variety of common nutrition problems associated with handicapped children is discussed clearly and succinctly. The book can be easily reproduced. Food suggestions are included.

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29 Nutrition Education and Food Service Management: A Guide for Day Care Personnel; Vol. 1 - English, Vol. 2 - Spanish, by Vivian D. Morris, et al. Upper Montclair, NJ: Life Skills Center, Department of Home Economics, Montclair State College; 1980.

FORMAT: 214-page book

SOURCE: Life Skills Center, Department of Home Economics, Montclair State College, Upper Montclair, NJ 07043

COST: $2.30 each.

Also available free on loan from FNIC.

Vol. 1 is in English; Vol. 2 is in Spanish.

ABSTRACT: This book is designed to be used by all day care staff. It is divided into four sections: "Basic Nutrition," "Nutrition Education Activities for Children," "Food Service Management," and "Parent Involvement." In addition, seasonal and ethnic cycle menus are provided, along with recipes for many of the foods specified in the menus. In Volume 1 (English edition) annotated bibliographies are given at the end of each section, and a general bibliography is included at the end. In Volume 2 (Spanish edition) a general bibliography is included at the end. A nutrition glossary is provided in the appendix of both volumes.

APPRAISAL: This resource is packed with helpful information that child care staff can apply in implementing both nutrition education and food service. Strengths of this book include its comprehensiveness and sensitivity to different cultures.

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30 Nutrition in Infancy and Childhood, by Peggy L. Pipes, R.D., M.P.H. St. Louis, MO: C.V. Mosby Company; 1977.

FORMAT: 205-page book

SOURCE: C.V. Mosby Company, 11830 West Line Industrial Dr., St. Louis, MO 63141

COST: $13.95

ABSTRACT: This textbook deals with the growth, health, feeding, nutrition, and special food-related problems of infants and children. Chapters 1-4 present a review of nutrition in growth and development. The remaining chapters address the development of eating behavior. They also provide suggestions for preventing or resolving problems with food intake of infants and children, including feeding concerns with developmentally delayed children.

APPRAISAL: This comprehensive and well-written text is an excellent reference. However, the detail with which topics are treated and the use of technical terms make it appropriate primarily for child care providers who have had prior training in nutritional science.

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31 Parents and Preschoolers - A Recipe for Good Nutrition, by Jill Randell and Christine Olson. Ithaca, NY: Division of Nutritional Sciences, Cornell University; 1979.

FORMAT: 15-page flipchart, 11" x 17"

SOURCE: Distribution Center, 7 Research Park, Cornell University, Ithaca, NY 14853

COST: $6.00 per copy. Contact source for bulk rates. Reproduction can be made if credit is given to Cornell University, Division of Nutritional Sciences. Part of the "Early Childhood Nutrition Program."

Also available free on loan from FNIC.

Includes Spanish translation.

ABSTRACT: This flipchart consists of black and white photographs organized into three sections: "Why Is Nutrition Important?," "How Are Food Habits Formed?," and "What Can Parents Do To Help a Child Develop Good Eating Habits?" On the back side are printed discussion questions and answers that the instructor can use. Messages include: feed children nutritionally sound, small, attractive meals; encourage them to eat by praising them rather than by forcing food and tempting them with rewards; limit sweets and avoid too much salt; and be aware that children's food preferences may be swayed by television commercials. It points out that children enjoy food more if they help prepare it, and if someone sits with them while they eat.

APPRAISAL: While the questions and answers are primarily intended as a nutrition education aid for parents of preschoolers, the attractive photographs could also be used to stimulate discussion of good nutrition among preschoolers themselves. Large print size aids in reading the text. On page 6, clarification may be needed that the recommended serving size of 2-3 ounces of meat applies more to adults than to young children.

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32 Smell, Touch, Listen, Look - Kids Learn, Kids Cook! Menomonie, WI: University of Wisconsin - Stout; 1980.

FORMAT: 36-page booklet

SOURCE: NET Program, Department of Public Instruction, 125 S. Webster St., Box 7841, Madison, WI 53707

COST: Single copy free while supply lasts. Can be reproduced if credit is given to University of Wisconsin -Stout.

ABSTRACT: This booklet explains how nutrition concepts can be integrated into preschool activities. It gives methods and techniques for teaching nutrition to preschool children and ideas on how food service personnel, teachers, and parents can cooperate in teaching nutrition. It discusses the importance of meal patterns, includes mealtime tips, and also provides a sample lesson plan with an objective for each activity.

APPRAISAL: This booklet contains a potpourri of subjects and activities that can easily be incorporated into a nutrition education workshop. Some day care providers may want to consult nutrition fact references as well. Suggested criteria for evaluating preschool materials are included. A sample lesson plan adapts activities to three levels of complexity based on age: easy (2-year-olds), moderate (3-to 4-year-olds), advanced (5 years and older). The Child Care Food Program fact sheet is outdated.

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33 Snack Facts. NIH Publication No. 81-1680. Bethesda, MD: National Institute of Dental Research; 1981.

FORMAT: 1 sheet, multifolded

SOURCE: National Institute of Health, National Institute of Dental Research, Building 31, Room 2C34, Bethesda, MD 20205

COST: Single copy free

ABSTRACT: The effects of sugary snacks on teeth are explained in this glossy, multicolored flyer for children. Topics include how sugars damage teeth and how to guard against tooth decay. Fanciful drawings of foods illustrate the lists of suggested snack foods from the Basic Four food groups.

APPRAISAL: This is a colorful presentation of the relationship of sugary snack foods to tooth decay. The text's large print size and headings aid in reading. It opens up to a list of suggested snacks that can be posted in the kitchen or elsewhere as a handy reminder.

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34 Snacks. Oklahoma City, OK: Nutrition Division, State Department of Health; 1980.

FORMAT: 1-page flyer

SOURCE: Nutrition Division, Maternal and Child Health Services, Oklahoma State Department of Health, P.O. Box 53551, Oklahoma City, OK 73152

COST: Single copy free; may be reproduced if permission is requested and appropriate credit is given to Oklahoma State Department of Health.

ABSTRACT: This flyer provides suggestions for serving nutritious snacks. Snacks are categorized into groups: juicy, smooth, really hungry, thirsty, and crunchy. A cereal snack recipe is included as well as a list of snacks to avoid.

APPRAISAL: The flyer encourages selecting snacks, many of which are very familiar, from the four food groups. It contains a caution about sugary foods.

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35 To Mom and Dad - A Primer on Feeding the Preschooler, by Joanne Ikeda. Richmond, CA: Agricultural Sciences Publications; 1980.

FORMAT: 8-page booklet

SOURCE: Agricultural Sciences Publications, 1422 Harbour Way South, Richmond, CA 94804

COST: $1.00

Also available in Spanish.

ABSTRACT: This booklet provides general information to parents about the eating habits of younger children. In addition to tips for dealing with various food acceptance and eating problems, the booklet includes a daily food guide and worksheet that parents can use to help assess whether or not their child is eating a balanced diet.

APPRAISAL: A good overview of parents' responsibility for establishing good eating habits in their preschoolers is provided. The tips are presented in a positive manner. The daily food guide may be somewhat conservative in its recommendations. It recommends three rather than the accepted four or more daily servings from the breads/cereals group and the fruits/vegetables group.

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36 What To Feed My Child. Sacramento, CA: California Department of Health Services; Not dated.

FORMAT: 1 sheet, multifolded

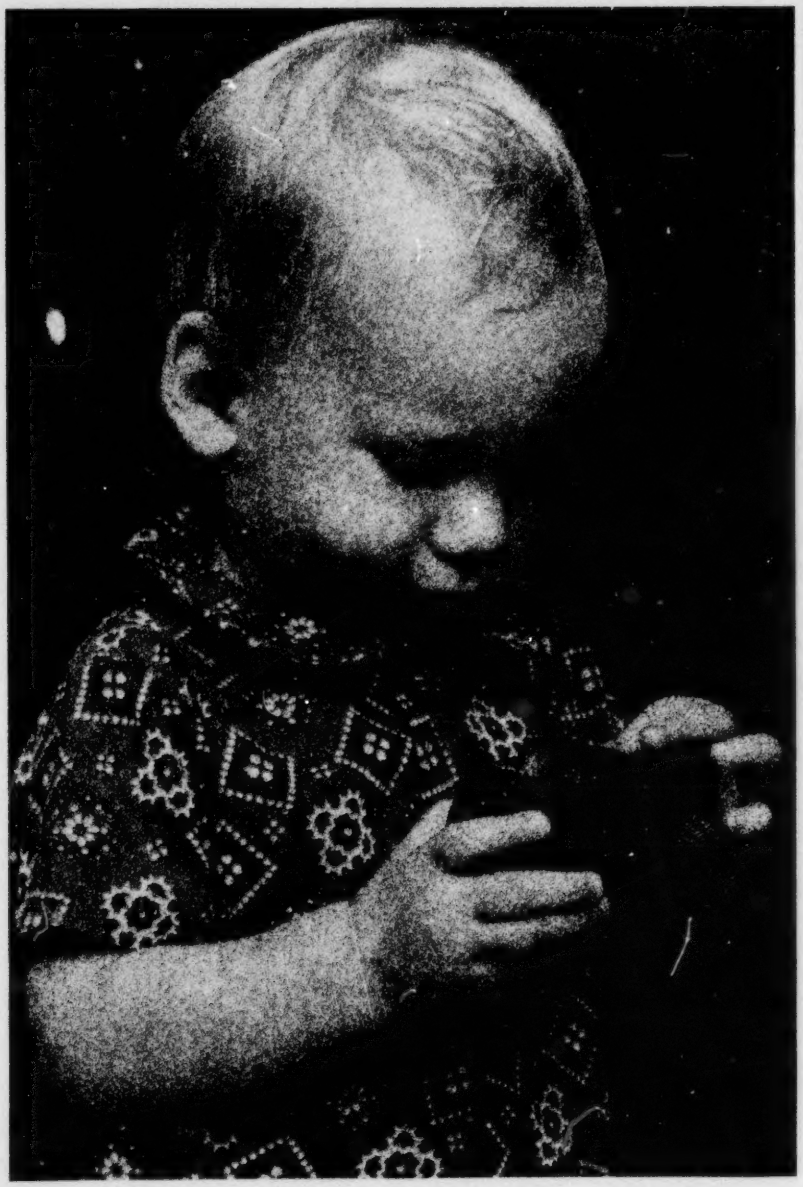
SOURCE: WIC Supplemental Food Section, California Department of Health Services, 1220 "S" Street, Sacramento, CA 95814

COST: Single copy free. Camera-ready copy available.

Also available in Spanish and Vietnamese.

ABSTRACT: A food guide chart for parents lists a few representative foods from six food groups. The recommended number of servings and serving sizes for each food group are given for three age groups: the 1-year-old, the 2- to 3-year-old, and the 4- to 5-year-old. Space is provided to record a child's intake from each food group for comparison. A sample menu for each of the three age groups translates the nutrition information into three meals and two snacks. Additional text describes the transition from bottle to cup, the importance of exercise, the distinction between normal and abnormal food habits, and growth and appetite expectations.

APPRAISAL: This is an attractive and well-organized resource. The multiracial illustrations are especially appealing.



Lesson Plans for Teaching Children

The materials described in this section are lesson plans and curricula that caregivers can use in teaching children about food and nutrition. They present nutrition education objectives with corresponding activities. Many of the lesson plans integrate nutrition education into other areas of early childhood education such as language arts, math, science, social studies, art, and music. Some of the lesson plans are designed to be followed in sequence, while others can be used flexibly. In some cases an evaluation component may also be included.

37 A Preschool Nutrition Education Curriculum. Tallahassee, FL: Florida Department of Education; 1981.

FORMAT: 123-page book, 19-page booklet, and a folder of reproducible newsletters.

SOURCE: Education Products Distribution, Florida Department of Education, B-10-A Collins Building, Tallahassee, FL 32301

COST: $4.75 for Florida residents and $5.50 for others.

Also available free on loan from FNIC.

ABSTRACT: This curriculum is one part of a sequential program to teach nutrition to children from preschool through grade 12. The preschool curriculum provides an introduction to concepts which will be repeated and built upon in later grades. The primary emphasis in the lessons is on learning concepts about food through sensory experiences. Included in the curriculum is a separate booklet, A Guide to Nutrition Education for the Preschool Teacher, which addresses the topics of nutrition, children, teaching nutrition to young children, cooking, field trips, and involving parents. A set of 10 one-page letters describing classroom nutrition activities, to be reproduced and sent home to parents, is also included.

APPRAISAL: The publication has an exceptionally good format with variety in type that contributes to a clear presentation of a plan for teaching nutrition. The level of word complexity, or professional language, used in the explanations of the plan makes the material most appropriate to preschool teachers who have had specialized study in nutrition and education. However, the games and suggested resources will be useful to all persons who are involved in planning nutrition education activities for the preschool child. The accompanying guidebook has basic pointers for working with 3- and 4-year-old children that will be helpful to child care providers.

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38 Cooking With Preschoolers: Guidelines for Organizing an Educational Cooking Program for Preschoolers. Martinez, CA: Contra Costa County Preschool Nutrition Education Project; 1981.

FORMAT: 70-page book

SOURCE: Contra Costa County Preschool Nutrition Education Project, 1111 Ward Street, Martinez, CA 94553

COST: $5.00 plus $1.00 for postage and handling.

ABSTRACT: This handbook provides guidelines for organizing an educational cooking program for preschoolers. Subjects include planning cooking projects, organizing equipment and workspace, conducting cooking activities, extending nutrition education beyond cooking activities, and involving parents. Recipes have been field-tested by preschool teachers.

APPRAISAL: This well-organized handbook gives comprehensive guidelines for all steps involved in conducting cooking projects with preschool children and provides useful follow-up checklists. A helpful chart listing skills children can accomplish at the different age levels from 2-4 years of age is included.

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39 Exploring Foods With Young Children: A Recipe for Nutrition Education. Tallahassee, FL: Florida Department of Education; Not dated.

FORMAT: 44-page book

SOURCE: Education Products Distribution, Florida Department of Education, B-10-A Collins Building, Tallahassee, FL 32301

COST: $.45 for each copy; copies may be reproduced if credit is given to the Florida State Department of Education.

ABSTRACT: Preschool and early elementary teachers can use this book to integrate nutrition education into the existing curriculum. Experiences and activities in the book suggest ways for children to select nutritious foods for well-balanced diets at an early age. Additionally, the food and nutrition activities are meant to aid in the development of motor skills and in the acquisition of basic skills in English, math, science, and the arts, and to enhance the self-worth of young children. Each activity specifies objectives, procedures, materials, and new words to be learned. Evaluation of nutrition education and ways to involve parents in activities are discussed briefly. Appendixes describe snack ideas and program resources in the community.

APPRAISAL: This guide includes a creative and generally well-rounded set of nutrition education objectives and activities that one may want to complement with food hygiene and food safety objectives. This guide is written in a concise manner using a chart format. The material in this guide would enhance, and could be easily incorporated into, any preschool education program.

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40 Exploring Foods Workbook, by Ethel Spencer and Jolene Cambell, illustrated by Kathy Blake. Baltimore, MD: Preventive Medicine Administration, Department of Health and Mental Hygiene; 1981.

FORMAT: 65-page workbook

SOURCE: Only available free on loan from FNIC.

May be reproduced if credit is given to authors.

ABSTRACT: This illustrated workbook presents activities for children aged 2-5 based on 22 lessons, each focusing on a different food. The food lessons are grouped into the following sections: underground vegetables, stem vegetables, leaf vegetables, flowers, seed vegetables, fruit, milk and dairy products, and eggs. At the beginning of each section, a list of different foods is provided, along with suggested ways to introduce these foods to children.

APPRAISAL: This two-color publication is well organized and presented and has a multitude of illustrations. Each of the foods is introduced to the children in a way that allows them to exercise the five senses. Lessons generally use the same look, touch, listen, smell, and taste format and do not have to be presented in sequence. Activities can be structured to the age, attention span, and experiences of the children.

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41 Florida Nutrition Education - A Basic Skills Approach: Kindergarten, by Ann H. Atkinson and Jodee L. Dorsey. Tallahassee, FL: Florida Department of Education; 1981.

FORMAT: 44-page booklet

SOURCE: Educational Products Distribution, Florida Department of Education, Tallahassee, FL 32301

COST: $1.30

Also available free on loan from FNIC.

ABSTRACT: This set of 10 activities is designed to teach nutrition while developing skills in reading, writing, math, and science. Topics addressed include the distinction between food and nonfood items, food and its relation to growth, water (its function and sources), fruits and vegetables, familiar plant and animal food sources, and preparation of meals. Each lesson is based on a selected nutrition concept, states a purpose and/or expected student outcome, and provides brief background material for the teacher, a list of materials and resources needed, and a step-by-step description of how to conduct each activity. Student handout/worksheet masters and answer keys are provided. A 25-item picture test on nutrition concepts is included.

APPRAISAL: This is a well-organized and presented series of activities in a lesson plan format. Many activities are designed in such a way that the time spent on them can be adjusted according to the needs of the group. The scope and difficulty are appropriate for older preschoolers. Some lessons have a list of follow-up activities and supplementary resources. Each lesson clearly identifies which academic subject area is being reinforced.

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42 Food Adventures for Children, by Dee Anne S. Vonde and Jo Beck. Redondo Beach, CA: Plycon Press; 1980.

FORMAT: 94-page book

SOURCE: Plycon Press, P.O. Box 220, Redondo Beach, CA 90277

COST: $6.95

Also available free on loan from FNIC.

ABSTRACT: This book is designed to encourage and to aid teachers, parents, and food service workers to help young children explore food and to stimulate children's interest in nutrition. The book is divided into two sections. Part I provides background information for the teacher and parent on nutrition and on approaches to teaching the young child about food and its preparation. Part II presents organized activities that involve the child in food preparation and cooking. For each activity, ingredients, equipment, and steps in food preparation are illustrated, and behavioral objectives for the child are identified. Objectives stress the development of sensory and motor skills. Sample cycle menus for lunches and snacks are also provided.

APPRAISAL: Much useful information is contained in Part I, although the lack of subheadings to highlight sections detracts from its readability. An important contribution of this book is its discussion of ways to promote positive food practices based on principles of child psychology. A few of the suggestions in the cycle menu fall short of the requirements of the USDA meal patterns for the Child Care Food Program.

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43 Food for Growth: An In-Home Nutrition Education Curriculum for Preschoolers, by Jenny Golay, translated by Karin Foreman. Santa Rosa, CA: Community Child Care Council of Sonoma County; 1981.

FORMAT: 40-page book of lesson plans, patterns, and activity sheets

SOURCE: Community Child Care Council, 1030 Second Street, Santa Rosa, CA 95405

COST: $13.25

Also available free on loan from FNIC.

Also available in Spanish.

ABSTRACT: This nutrition education curriculum is designed for use with preschoolers primarily in a home environment, although it also can be used in a preschool center. Fifteen lesson themes address topics such as food cleanliness, TV advertising, the Basic Four food groups, mealtime atmosphere, and preventing food waste. Each lesson integrates several learning concepts and lists the objectives (for children and adults), materials/resources needed, procedures, and follow-up activities that reinforce lesson concepts. Activities suggested include stories, songs, finger plays, games, art projects, snacks, gardening, and field trips. The nutrition lessons are integrated with several academic subject areas including health, science, art, social studies, language, and math.

APPRAISAL: A strength of this curriculum is its integration of the lesson plans with several academic subject areas. Activities in one lesson can be used individually or combined together. This flexibility in the lessons allows the activities to be tailored to the interests and developmental needs of preschoolers and to the time available.

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44 Food for Little People. Berkeley, CA: City of Berkeley, Department of Public Health and Berkeley Unified School District; 1973.

FORMAT: 30-page booklet

SOURCE: City of Berkeley, Department of Health and Human Services, 2180 Milbia Street, Berkeley, CA 94704

COST: $2.00 plus $.50 postage

Also available free on loan from FNIC.

ABSTRACT: Teachers, parents, and day care center workers prepared this booklet about snacks and ways to help children learn about food. The booklet includes suggestions and recipes for snacks, plans for simple group activities to help children learn about food, two favorite stories, and a section on other resources for ideas about food activities for young children.

APPRAISAL: The recipes and snacking ideas are creative and nutritious. Recipes, however, often do not include serving sizes. Projects, short stories, and activities are well chosen. It promotes good food habits by suggesting trying new foods and foods served in various ways. No mention is made of kitchen and food safety principles.

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45 Food Service and Nutrition Education Manual Designed for Use by Child Day Care Personnel. Blacksburg, VA: Cooperative Extension Service, Department of Human Nutrition and Foods, Virginia Polytechnic Institute and State University; 1979.

FORMAT: 231-page book

SOURCE: Extension Division, Virginia Polytechnic Institute and State University, Blacksburg, VA 24061 or Virginia State Department of Education, School Food Service, 6th Street, Richmond, VA 22316

COST: $7.50 including postage. Manual can be reproduced if credit is given to Cooperative Extension Service, Department of Human Nutrition and Foods, Virginia Polytechnic Institute and State University.

ABSTRACT: This comprehensive manual for day care personnel is intended for use by child care providers in centers and family day care homes, as well as food service personnel. The manual covers basic nutrition, food service, developing feeding skills, nutrition education, and parent involvement. A section on organizing a child care workshop is also included. The nutrition education section provides lesson plans, recipes, stories, and numerous games and activities.

APPRAISAL: This is a useful resource with good basic nutrition information and varied nutrition education activities. The introduction to the section on nutrition education contains a statement that there is a wide range of ability between 2- and 4-year-olds. It also indicates that some of the behavioral objectives are geared for certain ages. However, no information is included to assist the day care staff in selecting appropriate activities for specific ages. The suggested "Meal Pattern for Young Children" differs from the Child Care Food Program requirements. Therefore, Food and Nutrition Service, USDA, publications should be referred to for information on requirements of kinds and serving sizes of foods. In the same manner, the 9th Edition, 1980, of the Recommended Dietary Allowances, National Research Council, has a chart of nutrient RDAs that supersedes the 1973 chart on page 145 of this manual.

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46 Learning About Your Oral Health - A Prevention - Oriented School Program: Preschool. Chicago, IL: Bureau of Health Education and Audiovisual Services, American Dental Association; 1982.

FORMAT: 51-page plan

SOURCE: Bureau of Health Education and Audiovisual Services, American Dental Association, 211 E. Chicago Avenue, Chicago, IL 60611.

COST: $7.50 each; 10-49 copies are $6.75 each

ABSTRACT: Five lessons about oral health introduce preschool children to the importance of teeth, dental hygiene, diet and nutrition, visiting the dentist, and safety and first aid. A glossary for teachers and some supplementary resource materials for the lessons are provided, such as flannel board punchouts, plastic glove-type handpuppets with a puppet show script, and reproduction masters designed for photocopy or mimeograph machines. Activities encourage parents' involvement with their children's dental health.

APPRAISAL: This is a comprehensive unit on oral health. The lesson on healthy food choices shows the relationship of sugary and nonsugary foods to dental health. Lessons are easy to use. The time spent on each lesson can be varied depending on the abilities of the children participating.

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47 Living and Teaching Nutrition: A Curriculum for Child Care Staff and Parents. College Park, MD: Head Start Bi-State Training Office, University of Maryland; 1982.

FORMAT: 120-page book and 55-page leader's guide booklet, paperback

SOURCE: Head Start Bi-State Training Office, West Education Annex, University of Maryland, College Park, MD 20742

COST: $12.50, includes postage and handling.

Also available free on loan from FNIC.

ABSTRACT: This curriculum guide is designed for child care staff and parents. It provides information and activities to meet the goals and objectives of each of 12 workshops, whose topics include the U.S. Dietary Goals, fruits and vegetables, economical nutrition, meal planning and service, dental health, and nutrition for special needs (underweight, overweight, and handicapped). Other sections offer cooking experiences for children, nutrition activities, and parent education and involvement ideas. Each section lists one goal, objectives, activities, resources, and supplementary material. An accompanying leader's guide provides workshop handouts, points for discussion, setup procedures, and sources of audiovisual materials.

APPRAISAL: Information is thorough and detailed. It may be most useful to care providers who are already experienced in nutrition education. The leader's guide provides needed organization and directions for using the curriculum's information and activities. Estimated timeframes for completing an activity are helpful.

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48 Nutrition Education Evaluation Instruments - Preschool: A. Nutrition Knowledge Test for Nursery and Kindergarten; B. Knowledge Test in Nutrition for Early Childhood; C. Nutrition Attitude Instrument for Preschool. University Park, PA: Pennsylvania State University; 1980.

FORMAT: Three test booklets, 95 pages total

SOURCE: Nutrition Information and Resource Center, Pennsylvania State University, University Park, PA 16802

COST: $3 for each test or $9 for all three. Prepayment requested.

ABSTRACT: These nutrition evaluation instruments were developed to assess the nutrition knowledge and attitudes of preschoolers and kindergarteners before and after they are taught nutrition using Nutrition in a Changing World: A Curriculum for Preschool (item number 52 in this resource guide). Each test has a reproducible student test booklet and instructions for administering the test and interpreting the scores. Each test consists of a series of questions read by the test administrator. The student response booklet gives five picture "answers" for each question, from which to choose the correct one.

APPRAISAL: These tests represent some of the most appropriate evaluation tools currently available and could be easily adapted for use with other curricula. The test, in itself, could become a learning experience for preschoolers. The tests can be quickly and easily administered and scored. Pictures are all hand drawn and, in most instances, the object can be identified easily. However, there could be instances in which clarification by the test administrator might be needed.

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49 Nutrition Education for Retarded Children: A Program for Teachers. Memphis, Tennessee: University of Tennessee and Nashville, Tennessee: Tennessee Department of Education; 1980.

FORMAT: 181-page book

SOURCE: University of Tennessee Child Development Center, Department of Nutrition, 711 Jefferson Street, Memphis, TN 38105

COST: $13.00 plus $1.00 for postage and handling. May be reproduced provided credit is given to University of Tennessee Child Development Center.

ABSTRACT: This book consists of two parts. The first is a summary of a project designed to study nutrition education for retarded children. The second part is a teacher's guide comprised of a curriculum and an evaluation for the curriculum. The "Basic Four food group" approach is used to teach nutrition. The curriculum is not designed for preschool age children.

APPRAISAL: The series of lessons and activities can be adapted to teaching at the preschool level. There are many good questions for child and teacher dialogue. Test procedures for the oral response evaluation component are specific. The written format for the instructional program is helpful, and the content is presented in a sequential manner that can be easily followed. Activity sheets can be reproduced.

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50 Nutrition Education Instruction Plan - Preschool, Frances Andrews, Jo Cunningham, Jean Skinner, Carol Q. Shreve, and Sandra Shepherd. Knoxville, TN: University of Tennessee; 1982.

FORMAT: 102-page book

SOURCE: Tennessee State Department of Education, 133 Cordell Hull Building, Nashville, TN 37219

COST: Limited single copies available free; can be reproduced if credit is given to the University of Tennessee.

ABSTRACT: This curriculum is the preschool level of a sequential framework for nutrition education. Topics covered are divided into two levels: beginning and advanced preschool. Within each section are specific topics and corresponding objectives, vocabulary lists, teacher's information, activities, assessment, and resources. A glossary and an evaluation tool for assessing books, films, and posters are included.

APPRAISAL: One noteworthy aspect of the instruction plan is the designation of activities for beginning and advanced preschoolers. Many inexpensive activities are included. The background information on nutrition included with the various topics is very helpful for a teacher to have at hand as part of the material.

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51 Nutrition Handbook for Family Day Care Home Providers - Ideas and Suggestions, by Thora Runyan and Lynn Graham. Ames, IA: Iowa State University Research Foundation; 1980.

FORMAT: 65 pages, spiral bound

SOURCE: Child Development Training Program, Richards House, Iowa State University, Ames, IA 50011

COST: $2.50 prepaid

Also available free on loan from FNIC.

ABSTRACT: This guide for day care providers is designed to help preschool children learn about foods, gain new skills in working with food, and develop positive attitudes about a variety of foods. Each lesson is based on a concept about food or nutrition and includes a statement of learning objectives. Background information is provided and appropriate activities are suggested. Directions for 26 simple recipes indicate steps to be performed by the providers and those to be done by the children.

APPRAISAL: Each lesson outline provides a good framework and basic background information for conducting a learning session. Suggested ideas and activities are given to implement each lesson concept, but the care provider is responsible for supplying the materials and determining procedures for carrying them out.

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52 Nutrition in a Changing World, by Ellen S. Marbach, Martha Plass, and Lily O'Connell. University Park, PA: College of Human Development, The Pennsylvania State University; 1978.

FORMAT: 352-page book

SOURCE: Brigham Young University Press, Provo, UT 84602

COST: $9.00

Also available free on loan from FNIC.

ABSTRACT: This curriculum was developed for teachers to instruct children ages 3-5. The 29 units are designed to help the child become an informed nutrition consumer, a critical selector of foods, and a wise snacker. The child is taught to enjoy and feel good about foods, and taught the relationship between food and health. Each unit contains a rationale, objectives, and suggested activities. Assessment tests are provided. Supplemental nutrition information in each unit includes nutrients, their sources and functions, good snacking foods, and the importance of variety.

APPRAISAL: This well-organized and structured curriculum integrates several subject areas with nutrition, e.g., math as a part of cooking experiences and social studies in multicultural food preparations. The rationale and objectives of each unit are clearly stated. Whenever provided, notes in the left margin further clarify and supplement information for an activity. Children will learn through sensory and participatory experiences. Unit subject matter ranges from usual topics, such as the Basic Four food groups, to those seen less often, such as nutritious snacks from vending machines and influences of TV advertising.

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53 Nutrition Notebook: Lesson Plans for Preschool Teachers, by Nancy Chapman, Gail Menapace, and Sandra Smith. Lewisburg, PA: Central Susquehanna Intermediate Unit Preschool Program; 1981.

FORMAT: 255-page workbook

SOURCE: Central Susquehanna Intermediate Unit Preschool Program, Box 213, Lewisburg, PA 17837

COST: $15.00 plus postage ($2.54 firstclass; $0.86 book rate) prepaid; may be reproduced if credit is given to Central Susquehanna Intermediate Unit Preschool Program.

ABSTRACT: Lesson plans for teachers of preschool children are divided into five sections: Fall, Holidays, Winter, Spring, and Summer. Each lesson contains several seasonally appropriate activities. Three teacher-directed and three home activities are provided in each lesson. The appendices include a vocabulary list, supplemental classroom activities, nutritious snack suggestions with recipes, nutrient information, daily food guides for children, safety rules for food preparation, and a glossary.

APPRAISAL: Both the teacher-directed and the home activities are tailored to the skills of preschoolers of various ages by using three levels of complexity. A timeframe for completing each activity is useful in assisting teachers to fit these activities into their daily lessons. The evaluation section for each activity is a handy feedback tool and message reinforcer. The number and sizes of servings in the bread and cereal group of the recommended daily food guide for preschoolers are adequate but not optimal. Also, the older preschooler may have the need and appetite for more than the 3 ounces of meat or meat alternate per day suggested in the food guide.

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54 Snack Adventures, by Susan Smith, Susan Treb, and Barbara Wolfe. Chippewa Falls, WI: Cooperative Educational Service Agency #6; 1981.

FORMAT: 125-page spiral-bound book

SOURCE: Available free on loan from FNIC.

May be reproduced if appropriate credit is given to Wisconsin Department of Public Instruction and Cooperative Educational Services Agency #6.

ABSTRACT: This curriculum guide was developed to provide basic concepts in nutrition education through snack preparation. It provides learning activities for developing skills in the general areas of vocabulary, language, life skills, cognitive skills, art, and music. Materials and ideas from a number of sources form a set of 10 activity units, each focusing on preparation of one particular type of snack food. Each of the 10 units includes an introduction, recipe, learning experiences, resources, and a Fridge-O-Gram newsletter for use as a communication tool with parents.

APPRAISAL: The introduction gives a good explanation of the importance of nutrition education in forming good snacking habits. Sections of the curriculum guide are well organized for ease of use by the teacher. The guide gives pointers on adapting the activities to the developmental level of each child. Drawings included are suitable for reproduction.

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55 The Mustard Seed - A Nutrition Education Curriculum Guide for Preschoolers and Kindergarteners, by Theresa Wong, Rozane Moon, Cheerfield Wong. San Francisco, CA: Chinatown Community Children's Center; 1980.

FORMAT: 206-page softbound book

SOURCE: Chinatown Community Children's Center, 979 Clay Street, San Francisco, CA 94108

COST: $19.95 for schools and institutions; $16.95 for individuals

Also available in Chinese.

ABSTRACT: This nutrition education curriculum guide for children 3 to 5 years of age is divided into seven color-coded categories: creative activities, flannel graph stories, games, puppet shows, cooking activities and recipes, songs, and a resource list. The curriculum is designed to be implemented over a period of 1 to 2 years. Each activity is keyed to nutrition learning objectives and to the skills that it reinforces. An objective, optimal group size, time and materials required, procedure, and suggested enrichment activities are listed for each activity. Patterns for games and activities are printed on heavy-duty paper. Songs and stories appear with Chinese translations. A complementary material for the curriculum is the illustrated cookbook, Little Chef, which is listed in the nutrition activities section of this resource guide.

APPRAISAL: This is a very well-organized and comprehensive curriculum. The coordinated activities are carefully outlined in terms of materials and procedures. A helpful introduction to flannelboard storytelling is included. The bilingual presentation in Chinese and English makes the guide useful in the Chinese-American community. The curriculum was field-tested and evaluated over a 3-year period with results indicating the program is effective for teachers, students, and parents.

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56 Using Food Experiences To Reinforce Academic Objectives, by Thelma Harms and Deborah Reid Cryer. Chapel Hill, NC: University of North Carolina; 1980.

FORMAT: 108-page manual

SOURCE: Available free on loan from FNIC.

May be reproduced if authors are given appropriate credit.

ABSTRACT: This manual is designed to help educators integrate classroom objectives with principles of good nutrition through activities involving food. It is divided into five academic subject areas: healthful living, math, reading and language, science, and social studies. Each subject area has activities at three levels of difficulty for three age groups: preschool - kindergarten, grades 1 - 3, and grades 4 - 6. The reading and language section has an annotated bibliography of picture book stories about foods.

APPRAISAL: The participatory experiences are creative and easily implemented. Integrating the food activities into academic subjects increases opportunities for nutrition education.

Food and Nutrition Activities for Teaching Children

This section describes a variety of activities that can aid in teaching young children about food and nutrition. Often the more entertaining and engaging an activity, the more educational it is. Some of the nutrition activities in this section are in the form of story books, songs, games, puzzles, puppets, food models, or coloring books. Other materials in this section give suggestions on how to involve young children in food preparation. If children participate in preparing the foods being served they often are more willing to accept these foods. Involving children in activities such as peeling, mashing, mixing, and stirring foods can also enhance the development of their motor skills. Remember to take safety precautions when conducting food preparation and cooking activities with young children.

57 A Special Picture Cookbook, by Freida Reed Steed. Lawrence, KS: H & H Enterprises, Inc.; 1977.

FORMAT: 108-page spiral-bound book

SOURCE: H & H Enterprises, Inc., Box 1070, Lawrence, KS 66044

COST: $6.75 + $2.50 postage (prepaid order or institutional purchase order)

ABSTRACT: This cookbook is intended for use by preschool or handicapped children or persons unable to read. The pictures show step-by-step instructions for various recipes, enabling anyone to cook under supervision.

APPRAISAL: This is a unique presentation of recipes and instructions through pictures. Detailed guidelines cover measurement techniques, using equipment, sanitation, and safe food handling. Large pictures make instructions easy to follow. Some recipes are high in sugar.

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58 Child Center Nutrition Handbook, by Jean Fraser, Joyce Farkas, and Deborah Stimmel. Cleveland, OH: Cleveland State University; 1980.

FORMAT: 20-page booklet

SOURCE: Susan Kotris, 4041 W. 160th Street, Cleveland, OH 44135

COST: $2.60

ABSTRACT: This handbook consists of a compilation of food and nutrition activities for children ages 2-6. Activities are organized into three age groups to suit general developmental levels of children. Food activities for 2-year-olds use all five senses to explore fruits and vegetables through color, texture, size, shape, and taste. Activities, games, songs, and finger plays for 3-1/2 to 4-1/2-year-olds focus on vegetables - categorizing, identifying, preparing, and tasting. Activities for children 4-1/2 to 6 years old emphasize a wide variety of foods and include tasting parties, recipe preparation, projects, puzzles, songs, and games. Sample daily schedules for the two older groups illustrate how nutrition learning activities can be integrated into an entire day's activities.

APPRAISAL: Activities suggested in this handbook are varied and creative. The order of presenting activities within an age group is flexible. The presentation is attractive and uses quality paper. Food activities are most useful as supplemental materials to an existing food and nutrition education curriculum.

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59 Crunchy Bananas - And Other Great Recipes Kids Can Cook, by Barbara Wilms. Salt Lake City, UT: Sagamore Books, a division of Peregrine Smith, Inc.; 1975.

FORMAT: 111-page soft-bound book

SOURCE: Out of print; only available free on loan from FNIC.

ABSTRACT: An introduction discusses cooking with children 2-8 years old integrating cooking with building vocabulary, math, science, reading, and art skills. Seventy-six simple recipes are aimed at building knowledge and motor skills. Tips are included for making each recipe activity safe and enjoyable. Children learn about different food groups and the origin of foods as they participate in food preparation activities. The nutritious recipes use a variety of foods and are grouped into food groups. All food supplies and equipment are listed.

APPRAISAL: This cookbook provides enjoyable learning experiences for young children. The integration of cooking with other academic subject matter is beneficial. Instructions are clear and easy to follow. Preparatory activities for the teacher are minimal and are kept simple. These recipes provide an opportunity to discuss with children the importance of nutritious foods and how to select them.

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60 Flannelboard Stories, Puppet Stories - Stories for Nutrition Education. Rowland Heights, CA: Rowland Unified School District; Not dated.

FORMAT: 60-page book

SOURCE: Rowland Unified School District, Food Services Department, 1830 Nogales Street, Rowland Heights, CA 91748

COST: $4.00

ABSTRACT: Scripts and simple black and white patterns for flannelboard characters or puppet stories cover the following topics: mealtime manners, dental health, the farmer, the food truck driver, the storekeeper, family members, food, food customs, balanced diet, and healthy snacks. Discussion questions are included at the end of some stories.

APPRAISAL: This book contains freehand-drawn patterns which can be easily reproduced to make the characters and puppets for flannelboard stories. A major asset of this material is the informative nutrition messages conveyed in the short stories. This is a useful handbook for the adept flannelboard user.

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61 Food Fun With Foodella. Pierre, SD: Child and Adult Nutrition Services, Division of Elementary and Secondary Education; 1975.

FORMAT: 57-page workbook

SOURCE: Child and Adult Nutrition Services, Division of Elementary and Secondary Education, Kneip Building, Pierre, SD 57501

COST: Single copies free. Can be reproduced if credit is given to Child and Adult Services, Division of Elementary and Secondary Education, South Dakota.

ABSTRACT: This workbook takes children on a food adventure with Foodella, the elephant. The Basic Four food groups are the basis for instruction. Other information includes: trying new foods, meal planning, healthy food habits and food safety, different forms of food, food and eating manners, and foods from foreign countries. Word games and other activities involve the children with the story line and teach them to understand the relationship between food knowledge and maintaining healthy bodies.

APPRAISAL: This workbook is appropriate for use by teachers in conducting nutrition activities with young children. It is also a good guide to use when holding group discussions with children about food and nutrition.

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62 Food Is Good, Books I - VI. Yakima, WA: The Yakima Home Economics Association; 1973-1981.

FORMAT: Set of six illustrated story booklets, 12-16 pages each

SOURCE: The Yakima Home Economics Association, P.O. Box 2424, Yakima, WA 98907

COST: $.75 each; $4.00 for complete set of six

Also available in Spanish.

ABSTRACT: This series of six illustrated story booklets written in rhyming verse features Kim and his friends. Each story focuses on a different nutrition concept related to food and health. A question and activities page at the end of each booklet provides additional reinforcement of the nutrition messages. Book I - Kim Likes To Eat introduces the Basic Four food groups and the importance of eating a variety of foods. Book II - Food Helps Kim Grow teaches that food is needed for growth and good health. Book III - Kim Remembers To Wash focuses on the importance of cleanliness. Book IV - Kim Helps Care for Food presents basic food handling principles for the proper care and storage of food. Book V - Kim's Heart tells how exercise and eating a variety of foods help develop a healthy heart. Book VI - Kim's Teeth emphasizes the importance of diet, brushing, flossing, and regular visits to the dentist to maintain good dental health.

APPRAISAL: The simple story lines, rhyming verse, and illustrated ethnic characters are cleverly presented and will appeal to young children. The questions and activities included in each booklet are referenced to specific pages in the story and provide an excellent supplement for enhancing the nutrition message.

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63 Fun With Foods Coloring Book. Denver, CO: American School Food Service Association; 1970.

FORMAT: 16-page coloring book

SOURCE: American School Food Service Association, 4101 E. Iliff, Denver, CO 80222

COST: $.95 for each copy; $8.40 for 10 copies; $31.90 for 50 copies

ABSTRACT: This coloring book introduces basic nutrition concepts and food groups and shows the agricultural sources of some common foods.

APPRAISAL: Children should enjoy this activity book. Two of the activities (a crossword puzzle and game) and a few terms are too advanced for preschoolers, but the pictures to color would be suitable. The small amount of text that accompanies the pictures can be read to the preschoolers.

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64 Good Food To Eat Coloring Book, Tommy and Toni Teeth Coloring Book, Have a Happy Smile Poster. Minneapolis, MN: General Mills, Inc.; 1979.

FORMAT: Two coloring books, 3 pages each; 11" by 17" color poster

SOURCE: Nutrition Department, General Mills, Inc., Department 45, P.O. Box 1112, Minneapolis, MN 55440

COST: Poster $.35 a copy, coloring books $.40 per set (5 copies per set)

Also available in Spanish.

ABSTRACT: The two coloring books may be appropriately used for activities related to teaching nutrition and dental health, provided that the short nutrition messages are read to preschoolers. The color poster stresses the Basic Four food groups and good dental hygiene.

APPRAISAL: These materials are well done and are useful for teaching purposes. The poster is very colorful and would serve as a good basis for a discussion on the basic food groups and care of teeth.

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65 Humpty Dumpty Was an Egg, by Joanne Ikeda and Linda Garcia. Richmond, CA: Agricultural Sciences Publications; 1979.

FORMAT: 16-page booklet

SOURCE: Agricultural Sciences Publications, 1422 Harbour Way South, Richmond, CA 94804

COST: $1.75 per copy

ABSTRACT: This booklet provides teachers with five different lessons stressing food and water for life, food for growth, food for energy, food sources, and trying new foods. Each lesson has activities emphasizing a particular food concept. A 2-week-cycle snack menu with several recipes and suggestions for parental involvement with projects is provided.

APPRAISAL: Activities are appropriate for preschoolers and are a major component of the lesson content. These activities will foster an enthusiastic and adventuresome attitude for trying and learning about many different kinds of foods.

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66 Let's Taste Fruits and Vegetables, by Priscilla Naworski. Vallejo, CA: Vallejo Unified School District; 1978.

FORMAT: 103-page book

SOURCE: Priscilla Naworski, 321 Wallace Ave., Vallejo, CA 94590

COST: $6.50

ABSTRACT: This collection of activities is designed to encourage preschool children to identify, handle, and taste fruits and vegetables. It provides historical background, nutrition information, stories, activities, and other suggested resources for 64 food items. Activities may be integrated into art, science, reading, writing, spelling, or music studies. Coloring sheet masters with a drawing of each food item can be used to take nutrition information home to parents. "Munch Bunch" stickers are provided as rewards to encourage children to taste new vegetables or fruits. A table of contents alphabetizes the fruits and vegetables. A Curriculum Area Index groups activities into art, science, and holiday celebrations.

APPRAISAL: This material is well presented and organized in a simple manner and is a good resource tool for encouraging young children to eat more fruits and vegetables.

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67 Little Chef, by Theresa Wong, Rozane Moon, and Cheerfield Wong. San Francisco, CA: Chinatown Community Children's Center; 1980.

FORMAT: 83-page book

SOURCE: Chinatown Community Children's Center, 979 Clay St., San Francisco, CA 94108

COST: $4.50

Also available in Chinese.

ABSTRACT: This book is designed primarily for use with preschoolers and young children, ages 2-1/2 to 6 years. Topics include food preparation and cooking experiences, supplementary nutrition information, wise food choices, social interaction, language skills, motor development, and safe food handling. A series of ethnic recipes provides individual step-by-step direction cards with simple illustrations. The cookbook also includes a section on how to start a cooking center in a preschool. Chinatown Community Children's Center has also developed a curriculum guide, The Mustard Seed, which is listed in the lesson plans section of this resource guide.

APPRAISAL: This cookbook is different from most books for young children in that it features a number of ethnic recipes of many cultures. A variety of foods are utilized which will introduce new foods to children of differing cultural and ethnic backgrounds. The recipes are printed on cards of bright-colored heavy paper with hand lettering that is a good size for easy reading. The pages are secured in a loose-leaf style notebook. Nutritious snack ideas provide new variations on old-time favorites.

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68 More Than Graham Crackers: Nutrition Education and Food Preparation With Young Children, by Nancy Wanamaker, Kristin Hearn, and Sherrill Richarz. Washington, DC: National Association for the Education of Young Children; 1979.

FORMAT: 100-page soft-bound book

SOURCE: National Association for the Education of Young Children, 1834 Connecticut Ave., N.W., Washington, DC 20009

COST: $4.25 postage included

ABSTRACT: This book instructs the educator in involving young children in food preparation and provides appropriate recipes and suggested activities for reinforcing sound nutrition concepts. Recipes are organized into the Basic Four food groups, with supporting activities given with each recipe and for each chapter. Recipes from different cultures are included. Other sections include a chapter on "junk food" and one on food and nutrition resources, "Beyond the Kitchen Cupboard."

APPRAISAL: This book is an invaluable aid for teaching nutrition to young children. Simple and logical organization guides the educator in all aspects of nutrition education, from basic nutrition information to planning activities based on objectives and skills to be developed. Songs, games, and other reinforcing activities make for an enjoyable learning experience for children. Appealing, creative, and nutritious recipes introduce children to new foods and different cultures.

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69 Nutribird Hand Puppets. Chicago, IL: The American Dietetic Association; 1979.

FORMAT: four plastic-bag hand puppets

SOURCE: The American Dietetic Association, 430 N. Michigan Avenue, Chicago, IL 60611

COST: Set of four costs $1.00; 10 sets for $9.00; 50 sets for $40.00

ABSTRACT: This set of four hand puppets, made from plastic bags, can be used to illustrate the four food groups in activities.

APPRAISAL: These inexpensive and colorful puppet characters should appeal to young children. They can be used as props by both children and adults to stimulate talks about the contributions of different foods to a total diet.

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70 Nutrition Comes Alive - Munch With Munch, by Susan Kay Nelson. Ithaca, NY: Cooperative Extension, Division of Nutritional Sciences, Cornell University; 1980.

FORMAT: Kindergarten kit: booklet, leader's guide, and audiocassette

SOURCE: Available free on loan from FNIC.

May be reproduced if credit is given to author.

ABSTRACT: This kit for kindergarteners is one part of the Nutrition Comes Alive series, an eight-box set of activities for grades K-6 and a special box for food service personnel. It includes a story on audiocassette, an accompanying text, a teacher's guide, and four sections of children's activity sheets. Each section contains an introductory activity. The activities focus on several nutrition concepts, including the importance of a variety of nutritious foods, their purpose, and their benefits. The activities can be integrated into an existing curriculum for music and art, language arts, fitness, math, and social studies. Activities that require advance preparations are identified. The teacher's guide contains background information that may be used in conjunction with the lesson. The kit contains master copies to make dittos or photocopies for the entire class.

APPRAISAL: The kit of activities provides an excellent means for reinforcing the nutrition concepts introduced in the "Munch With Munch" story. Because activities can be integrated into other academic subject areas, preschoolers can apply nutrition to other areas of learning.

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71 Pep Up Your Prime Time. Chicago, IL: American Dietetic Association; 1980.

FORMAT: 12-piece cardboard puzzle

SOURCE: The American Dietetic Association, 430 N. Michigan Avenue, Chicago, IL 60611

COST: $2.50 each for 4 or less; set of 5 for $11.00; set of 10 for $21.00 (prices subject to change)

ABSTRACT: A 12-piece cardboard puzzle showing Nutribird and similar characters representing the four food groups.

APPRAISAL: Characters will appeal to children but will require teacher guidance to impart a nutrition message. The card board is not very heavy; it may not hold up if used repeatedly.

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72 Picture Recipes for Beginning Cooks, by Ethel Spencer and Jolene Cambell, illustrated by Kathy Blake. Baltimore, MD: Preventive Medicine Administration, Department of Health and Mental Hygiene; Not dated.

FORMAT: 104 cards

SOURCE: Available free on loan from FNIC.

May be reproduced if credit is given to authors.

ABSTRACT: Picture recipes, presented in black and white on 5" x 8" cards, were developed to provide positive food experiences for young children 2-1/2 to 6 years old. The eight field-tested recipes use no words. Instead, the instructions are a sequential set of simplified pictures. Teacher's instruction cards are provided for each recipe as an activity guide, and they identify some basic nutrition concepts to be learned. Activities introduce sanitation and safety in food preparation. Several activities allow for family involvement. Most of the recipes use fruits and/or vegetables and emphasize nutritious snacks.

APPRAISAL: Because the simple recipes and activities allow total child participation and can be completed without much frustration or help, they encourage visual communication and motor skills development. The brief notes on the teacher's instruction card are helpful.

---

73 The Nutribird Growth Chart. Chicago, IL: American Dietetic Association; 1979.

FORMAT: 1-page foldchart to hang on wall

SOURCE: The American Dietetic Association, 430 N. Michigan Avenue, Chicago, IL 60611

COST: $1.25 single copy; 10 for $11.25; 50 for $50.00

ABSTRACT: This growth chart, to be attached to a wall for measuring children's heights, is marked in both inches and centimeters. Nutribird and friends illustrate the Basic Four food groups with a brief nutrition message.

APPRAISAL: Characters are appealing and colorful. The nutrition messages are intended for older children, but preschoolers can appreciate the pictures with teacher guidance. Measuring begins at 36 inches; therefore, it may need adaptation for use with very young children.

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74 The Thing the Professor Forgot. Nutrition Department, General Mills, Inc.; Not dated.

FORMAT: 18-page coloring/story book

SOURCE: Nutrition Department, General Mills, Inc., Department 45, P.O. Box 1112, Minneapolis, MN 55440

COST: $.45 per copy

ABSTRACT: A coloring book and story in which Professor Oonoose Q. Eckwoose teaches his simple but important nutrition message to children. In addition to illustrating the story's action, the pictures to color include foods from each food group.

APPRAISAL: The story and nutrition message concerning various food groups are clear and concise. The story can be read quickly to preschoolers, and the children will enjoy coloring the pictures.

---

75 The Tooth Chicken. Chicago, IL: American Dental Association, Bureau of Health Education and Audiovisual Services; Not dated.

FORMAT: 16-page story book

SOURCE: American Dental Association, Bureau of Health Education and Audiovisual Services, 211 East Chicago Avenue, Chicago, IL 60611

COST: $1.25

ABSTRACT: This story book describes the investigation by an animal character, the Tooth Chicken, of snack food and candy wrappers found in the barnyard. The result is a lesson in good food habits and nutritious snacks. This book is the print version of the film The Barnyard Snacker. Refer to the film review in the audiovisual section of this resource guide.

APPRAISAL: This story has an imaginative, entertaining, and humorous approach to the topic of snacking behavior. Information on preferable foods for snacks and desirability of eating a balanced selection of foods at regular intervals is incorporated into the story effectively. The wording provides opportunities for the teacher or parent who reads the story to give emphases that will make a lively presentation.

---

76 The Very Hungry Caterpillar, by Eric Carle. Cleveland, OH: William Collins and World Publishing Company, Inc.; Not dated.

FORMAT: 22-page book

SOURCE: Available free on loan from FNIC.

ABSTRACT: This fairy tale integrates nutrition education with math, biology, and general education. The story encourages the consumption of a variety of food but discourages the consumption of too much food, and too much of the wrong kinds of food. It is directed to very young children.

APPRAISAL: This entertaining story allows children to identify and count the variety of food items and learn the days of the week. The general science lesson makes a complete package. The varying nutritive value of the foods mentioned in the story can provide a basis for discussion.

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77 Vegetable Magic: A Preschool and Nutrition Education Source Book, by Michele Palmer and Arlene Edmonds, M.S., R.D., illustrations by Penny Guerin. Storrs, CT: CNETP Publications, Department of Nutritional Sciences, University of Connecticut; 1981.

FORMAT: 40-page book

SOURCE: CNETP Publications, Department of Nutritional Sciences, University of Connecticut, U-17, Storrs, CT 06268.

Cost: $7.95 including postage and handling.

Also available free on loan from FNIC.

May be reproduced if credit is given.

ABSTRACT: This resource book is designed primarily for preschool teachers and home day care providers. The book proposes five ways of exploring vegetables with children. Read-A-Story suggests discussion ideas for seven vegetable-related storybooks. Grow-A-Plant gives instructions for vegetable growing activities. Take-A-Trip lists places to visit that grow, sell, and prepare vegetables, with ideas on what to look for and what to ask. Play-A-Game offers simple games that stimulate imagination and learning. Eat-A-Treat presents easy ways to prepare and enjoy vegetables. Nutrition tips are included with each section.

APPRAISAL: Activities in this creatively presented resource book will help young children to become more knowledgeable about vegetables and to think about them in a positive way. Suggested activities to conduct with children are creative, fun, and varied. The book is colorful and attractively illustrated. The print is large, and the format makes the book easy to use.

---

78 What's Cooking, Kids?, by Bena Kallick and Carol Hunsicker, illustrations by Deborah Dixler. Fairfield, CT: Teachers' Center at Fairfield, Inc.; 1981.

FORMAT: 5-page booklet

SOURCE: Teachers' Center and Children's Museum at Fairfield, 224 Meadowbrook Road, Fairfield, CT 06430

COST: $4.00 plus $.50 for postage

ABSTRACT: This booklet contains illustrated recipes which children can follow to make chicken vegetable soup, stir fried vegetables, hot chocolate, pancakes, spaghetti sauce, noodles, three-bean salad, and cookies.

APPRAISAL: Instructions for preparing eight food items are clearly presented. This cookbook provides a nutritious selection of recipes and ingredients. Teachers and caregivers must provide their own discussion of kitchen and food safety principles. Some recipes involve cutting and frying foods, which may be appropriate only for older children.

Audiovisuals for Teaching Children and Caregivers

Materials described in this section include films, filmstrips, audiocassettes, slides, and videocassettes. Audiovisuals are an effective way to introduce or reinforce nutrition concepts and to add variety to a nutrition education program. Some of the audiovisuals listed here are designed to appeal to young children, some are useful in providing training for adults, and some will appeal simultaneously to both audiences. In selecting audiovisuals for use in your nutrition education program, consider the length of the material in relation to the attention span of your audience. We recommend that you preview an audiovisual before presenting or purchasing it to determine its suitability for your audience. While purchase prices for some of these audiovisuals may be prohibitive for individual child care centers and providers, many of them are available on loan or as rentals. Projectors and other audiovisual equipment are often available from public libraries or rental companies.

79 Food Is Good. Yakima, WA: Yakima Home Economics Association; Not dated.

FORMAT: videotapes containing 30-second or 60-second announcements

SOURCE: Yakima Home Economics Association, P.O. Box 2424, Yakima, WA 98907

COST: $50.00; also may be rented for copying purposes for $5.00

Each tape contains both English and Spanish versions.

ABSTRACT: These animated versions of the Food Is Good series of booklets (refer to item number 62) are set to music and feature Kim. These five videotape messages, available in 30-second or 60-second versions, are suitable for television public service announcements. Features: Kim Likes To Eat, Food Helps You Grow, Kim Remembers To Wash, Kim's Heart, and Kim's Teeth. Kim's Heart and Kim's Teeth are not included on the 60-second version.

APPRAISAL: The brief videotapes may be used by teachers in conjunction with the Food Is Good booklet series to stimulate interest and discussion on these topics. The folk-style guitar music and lyrics are catchy.

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80 Healthwise: Good Eatin'. Chicago, IL: Coronet Films; 1982.

FORMAT: 15-minute 16mm film or videocassette

SOURCE: Coronet Films, 65 East South Water Street, Chicago, IL 60601

COST: $319 for 16mm film, $270 for videocassette. Available for rental from various educational film rental libraries. For a listing, write the Marketing Services Department, Coronet Films.

ABSTRACT: Puppet characters visit the doctor, who introduces them to the importance of proper nutrition. A car-puppet explains how people, like cars, need a variety of things to keep them running well. The nutritious Mr. Milk introduces four food groups who explain in a song what they do for us. When the Junk Food Monster makes a pitch for unhealthy foods, a girl with a yo-yo shows how sugary foods give a quick burst of energy, then let us down. Choice, not chance, is stressed as the key to good eating. This is part of the Healthwise series of 13 films related to good health.

APPRAISAL: This is a very creative, entertaining, and lively approach to good nutrition. Puppets and food characters, which dance and sing, appeal to children and adults alike. Nutritional needs in relation to growth and health and the acceptance of foods from different cultures are among the various topics covered.

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81 Healthy and Happy With the Banana Splits: Bingo Gets the Gooey Goops. Pasadena, CA: Hanna-Barbera Productions; 1978.

FORMAT: filmstrip with audiocassette tape, 6 minutes.

SOURCE: Barr Films, P.O. Box 5667, Pasadena, CA 91107

COST: $28.00 plus $2.00 shipping

Also available free on loan from FNIC.

ABSTRACT: The cartoon characters known as the Banana Splits present information on the benefits of a balanced diet for growth and good health. Bingo's lack of energy is traced to the kind of food he has been eating, but his good health is restored with a change of eating habits. The accompanying teacher's guide provides suggestions for using the filmstrip, instructional objectives, discussion questions, suggested activities, vocabulary, and the complete script.

APPRAISAL: This clever presentation of basic nutrition messages should appeal to young children. The child care provider can use the suggested activities and discussion questions to enhance the nutrition message.

---

82 How Children Learn About Food, by Ruth Klippstein and Marjorie Washbon. Ithaca, NY: Department of Human Nutrition and Food, New York State College of Human Ecology, Cornell University, 1971.

FORMAT: 20 slides and leader's guide; also available as flashcards

SOURCE: Audiovisual Resource Center, 8 Research Park, Cornell University, Ithaca, NY 14850

COST: $10.25 each; additional leader's guides $2.00

Also available free on loan from FNIC.

ABSTRACT: This series of 20 slides and accompanying text is intended as a tool to encourage discussion about how children establish their food habits. The pictures illustrate typical situations as children learn about food, and the guide gives appropriate suggestions for discussion.

APPRAISAL: This slide program can be useful for planning and conducting a training session for child care providers or a parent education meeting on the topic of food habits. The slides provide a simple visual aid to the presentation and discussion.

---

83 Jenny Is a Good Thing - A Project Head Start Nutrition Film. Washington, DC: Project Head Start, Office of Child Development, U.S. Department of Health and Human Services; 1971.

FORMAT: 16mm film and 24-page leader's discussion guide booklet

SOURCE: Available free on loan from FNIC.

ABSTRACT: The film focuses on food and nutrition in Project Head Start, showing how they are integrated into the day's activities and used to introduce children (and indirectly their families) to new foods and sound nutrition habits. Objectives of the nutrition activities go beyond teaching about nutrition to fostering self-confidence and intellectual and creative development in young children. The accompanying Leader's Discussion Guide provides suggestions for using the film as a staff training aid and in discussion groups with parents or the community.

APPRAISAL: This delightful film can serve as an effective aid to motivating child care staff and is likely to appeal to young children as well. The concepts in this film prepared for Head Start can be applied to any child care setting. The nutrition principles and approaches to encouraging positive eating practices are sound.

---

84 Nutrition Around the Clock. Burbank, CA: Walt Disney Educational Media Company; 1980.

FORMAT: Program kit containing five filmstrips and audiocassettes, comic books, five posters, recipe cards, spirit masters, and leader's guide booklet

SOURCE: Walt Disney Educational Media Company, 500 South Buena Vista Street, Burbank, CA 91521.

COST: $169.00

Also available free on loan from FNIC.

ABSTRACT: Nutrition Around the Clock is a multimedia kit featuring Orange Bird and his friends Toucan and Macaw who help teach children the importance of good nutrition. Included are five filmstrip-plus-audiocassette cartoon stories: Breakfast Gives You Bounce; Lunch: Trying New Foods; Dinner: A Time for Sharing; Smart Snacks; and Fast Food Facts, which emphasize good eating habits. Each filmstrip has a nutrition song which children can learn and sing along to the music. The kit also includes 10 spirit masters to reinforce the nutrition concepts, five color posters, eight activity cards with simple recipes the children can prepare themselves, a set of comic books, and a teacher's guide which gives objectives, discussion questions, and activities for each lesson.

APPRAISAL: Designed for slightly older children with reading skills (kindergarten through grade three), some of the filmstrips can be used with the preschooler. Some points brought out in the filmstrips can help the teacher start conversations with the children on the topics. The breakfast filmstrip gives good ideas for alternative breakfast menus and could be useful for parents and food service staff as well as the teachers and children. The lunch filmstrip is probably more suitable for older children because it requires a longer attention span. Smart Snacks has good points on food safety and food sources. The fast food filmstrip is entertaining as a cartoon; however, the message concerning poor choices at fast food restaurants may need to be developed further by the teacher.

---

85 Nutrition for Children: Break the Fast, The Nutrient Express, and George Gorge and Nicky Persnicky, by Sharon Higgins, R.D. Malibu, CA: The Polished Apple; Not dated.

FORMAT: Three 10-minute filmstrips (or slides) with audiocassettes

SOURCE: The Polished Apple, 3742 Seahorn Drive, Malibu, CA 90265

Cost: $89.75 for the filmstrip set; $150.75 for the slide version

ABSTRACT: Each of these three filmstrips with audiocassette tapes imparts a nutrition message in a story format. Break the Fast centers on a family too busy to eat breakfast. Family members learn that a good breakfast can improve the way they look and feel during the day and can also include many of their favorite foods. The Nutrient Express - A little girl named Nancy takes a ride on the Nutrient Express to the land of nutrients where she meets the Four Food Families and learns about the variety of foods contained within each group. George Gorge and Nicky Persnicky - This story features George and Nicky, two children whose eating habits are very bad. They receive a visit from Dr. Balanced Diet and his crew who take them aboard their spaceship and show them the importance of eating a balanced diet.

APPRAISAL: Break the Fast - The filmstrip has a good message for children and parents about the importance of eating breakfast. The content of the narration is appropriate for the older preschool child, especially one with school age brothers and sisters. The filmstrip could be used for parent education meetings. The Nutrient Express - The filmstrip has distinctive, colorful art work, and the musical accompaniment is catchy. The narrator defines the word "nutrient" clearly. Food groups are explained in terms of food families which may help make the idea of different types or categories of foods meaningful to the young child. George Gorge and Nicky Persnicky - This is a relatively sophisticated presentation of a nutrition message using creative art work with illustrations that show extreme exaggerations of overweight and underweight conditions in a boy and girl. The illustrations provide a humorous treatment of the topic that can be effective in conveying the message. While the spaceship theme will interest children, the young child may not grasp the ideas presented about the balanced diet.

---

86 Nutrition for Little Children. Baldwin, NY: Educational Activities, Inc.; 1973.

FORMAT: 30-minute filmstrip with audiocassette or record

SOURCE: Educational Activities, Inc., 1937 Grand Avenue, Baldwin, NY 11510

COST: $23.00 each

ABSTRACT: This filmstrip and tape (or record) set is aimed at developing positive attitudes toward food in preschoolers. It introduces and encourages acceptance of a variety of foods, emphasizes the relation of food to health and growth, and shows the agriculture sources of some familiar foods. Behavioral objectives, follow-up activities, and a transcript of the audio portion are included in the teacher's guide.

APPRAISAL: This material provides good basic information about good eating habits on a preschooler's level of understanding; however, it could be presented in a more imaginative way.

---

87 Nutrition: Try It, You'll Like It. Northridge, CA: California State University-Northridge; 1981.

FORMAT: 10-minute 16mm film

SOURCE: Aims Instructional Media Services, 626 Justin Avenue, Glendale, CA 91201

COST: $225.00; may be rented for 3 days for $25.00

Also available in Spanish.

ABSTRACT: The carefully selected diet of zoo animals is compared with the less nutritious food practices of zoo visitors. The film gives information on the U.S. Dietary Guidelines along with other nutrition information in a format that is intended to appeal to all ages. Avoiding "junk" foods, substituting more nutritious foods, and wise shopping are emphasized.

APPRAISAL: This film could be shown to parents and children together to stimulate discussion and awareness of good food choices. Some concepts are specific to adults (e.g., food labeling) whereas other concepts and manner of presentation (e.g., cartoons) appear to be geared more to children. Children will especially enjoy the zoo animals. Although at times the intended audience is unclear, for the most part the information is appropriate and is attractively and creatively presented.

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88 The Barnyard Snacker. Chicago, IL: American Dental Association, Bureau of Health Education and Audiovisual Services; Not dated.

FORMAT: 5-minute 16mm film

SOURCE: American Dental Association, Bureau of Health Education and Audiovisual Services, 211 E. Chicago Avenue, Chicago, IL 60611

COST: $70.00 to purchase; $12.00 to rent (prices subject to change)

ABSTRACT: This film tells the story of the Tooth Chicken investigating why wrappers from snack foods and candy are strewn all over the barnyard. The result is a lesson on healthy snacks, the value of a balanced diet, and the importance of good oral hygiene. There is a companion book, The Tooth Chicken, which tells the same story. The book is reviewed in the nutrition activities section of this resource guide.

APPRAISAL: This is an entertaining and informative film which focuses on selection of food from the four food groups and sensible eating habits. The formal presentation of nutrition facts may be a bit tedious for young preschoolers. The effectiveness of the film for this age group may be enhanced if the teacher reads the print version of the story to the children. The quality of the production including sound, color, and animation is good.

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89 The Child Care Food Program and Family Day Care Series, #1-10, and Child Care Lesson Plans. Atlanta, GA: U.S. Department of Agriculture, Food and Nutrition Service, Southeast Regional Office; 1981.

FORMAT: Series of ten 15-minute films with 19 accompanying lesson plan packets. Lesson plan packets include booklets, instructional materials, and transparencies.

SOURCE: Films may be borrowed free from FNIC or purchased from Tel-Air Interests, Inc., 1755 N.E. 149th St., Miami, FL 33181. Lesson plan packets available from FNIC only (free on loan).

COST: Films may be purchased for $135.00 in either 16mm film or videocassette. Lesson plans may be reproduced.

ABSTRACT: This series of audiovisuals, which comes in film or videotape format with accompanying activity packets, was developed for training day care home providers, staff in small child care centers, and parents. The film/videotape titles are: Food for Children, Planning Your Menu, Let's Go Shopping, Meal Preparation and Service, Health - An Ounce of Prevention, A Day in a Family Day Care Home, A Day at the Center, How You Can Become a Day Care Mother, Food for Learning, and Importance of Being a Parent. Each activity packet contains a lesson plan for a 20- to 30-minute presentation and activity session to accompany viewing of a film or videotape on the particular topic. Most films have two or three coordinated lesson packets. The introductory film, Food for Children, does not have any accompanying packets. The packets contain lesson plans that specify goals, indicators of outcomes, content in outline form, coordinated activities, handouts/visuals, overall evaluation, and additional resources. Corresponding color transparencies, handouts/worksheets, and leaflets appropriate to the topics are included.

APPRAISAL: This series is particularly useful since it was designed for training staff and parents involved in the USDA Child Care Food Program (CCFP). The films/videotapes create interest with appealing opening shots of the children engaged in an activity with parents and day care mothers while a lively introductory musical theme is playing. Good information with visual illustrations is included in each segment. Persons planning training programs should select films on the topics appropriate to the needs of their audiences. For example, the information in the two films, A Day in a Day Care Home and A Day in a Day Care Center is similar, with slight script differences that adapt it to the home or center day care setting. The films on topics pertinent to food and nutrition have excellent illustrations of learning activities that are effective in nutrition education. The films and lesson plans together make a very good training package. The complete series can enable day care staff and parents to become knowledgeable about procedures for successful programs that meet the nutritional requirements of the CCFP and encourage development of good food habits by young children.

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90 The Index of Nutritional Quality: A Method for Identifying the Nourishing Aspects of Food. Northridge, CA: California State University - Northridge; 1981.

FORMAT: 17-minute videocassette or 16mm film

SOURCE: Dr. Audrey Clark, Department of Home Economics, California State University - Northridge, 18111 Nordhoff Street, Northridge, CA 91330

COST: $75.00 for Betamax II or 3/4 inch U-Matic videocassette; $125.00 for 16mm film

ABSTRACT: This videocassette introduces the "Index of Nutritional Quality" (INQ), a method for assessing the nutrient density of a food by the relativity of its nutrient content to its caloric content with respect to daily dietary needs. The INQ is explained in a supermarket setting. The formula for INQ is given along with examples of high, low, and medium INQ foods. The importance of teaching young children good eating habits is stressed. Several examples of games and activities for achieving this are demonstrated in a preschool setting.

APPRAISAL: The INQ concept is rather sophisticated for most non-technical audiences, which could lead to confusion without the proper guidance. The videotape could supplement the explanation of the INQ concept provided in Module III (Recipes for Early Childhood) of the Good Nutrition: Try It, You'll Like It kit which is described in the nutrition education programs section.

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91 The Snacking Mouse. Malibu, CA: The Polished Apple; Not dated.

FORMAT: 5-minute filmstrip (or slides) with audio cassette

SOURCE: The Polished Apple, 3742 Seahorn Drive, Malibu, CA 90265

COST: $33.75 for filmstrip; $60.75 for slides

ABSTRACT: This is an animated story of the Snacking Mouse who eats only sweet snacks, and the problems his excessive snacking cause for him. A positive change in his food habits brings about a solution.

APPRAISAL: The filmstrip or slide version presents information in a clever and imaginative way. It is a cartoon with good action and lively music which will entertain children. For the young preschool child, the teacher may need to explain the nutrition message. Some child care teachers may find the film useful for parent education.

---

92 What's Cooking (Program #8 in the "Footsteps" Series). College Park, MD: University of Maryland Institute for Child Study; 1979.

FORMAT: 30-minute videotape or 16-mm film

SOURCE: National Audio-visual Center, Attention: Order Section, Washington, DC 20409

COST: $80 for videocassette; $275 for 16mm film. May be reproduced.

ABSTRACT: This audiovisual material presents a lesson on food habits in story form. It features a young homemaker who plans, prepares, and serves her first Sunday dinner for members of her husband's family. The likes and dislikes of the different family members provide a challenging situation for the homemaker to resolve. An introductory discussion on ways to foster development of good food habits with emphasis on the role of parents precedes the story segment, and a summary discussion follows it.

APPRAISAL: This presentation is very good for teachers and parents of young children on the topic of food habits. The script is well-written with excellent points on ways to encourage children and adults to make good food choices. The story is realistic which makes it very effective. The significant effects of parents' actions and values on the formation of children's food habits are emphasized.

---

93 Winnie The Pooh - Nutrition and You. Burbank, CA: Walt Disney Educational Media Company; 1980.

FORMAT: six filmstrips and audio cassettes; total time 70 minutes

SOURCE: Walt Disney Educational Media Company, 500 South Buena Vista Street, Burbank, CA 91521

COST: $156

Also available free on loan from FNIC.

ABSTRACT: This is a six-filmstrip set using the characters from Winnie The Pooh to illustrate the relationship between the foods people eat and their health, growth, and feelings. The films emphasize the importance of selecting a variety of foods and eating in a pleasant and relaxed atmosphere. The first filmstrip, Balanced Diet - The Need for Variety, suggests that Pooh include a variety of foods in his diet and change his eating habits to help restore his lost pep and energy. Regular Meals shows Tigger weak and tired because of his reluctance to eat regular meals. Personal Choices illustrates the importance of taking responsibility for selecting balanced meals. Meal Time - Special Time provides a lesson about the importance of relaxed meals and pleasant mealtime surroundings. Shopping for Good Health stresses the need for basic awareness of consumer safety, and Review - The Need for Healthy Habits reviews and summarizes some basic concepts of good nutrition.

APPRAISAL: Little children who know the Winnie the Pooh story should enjoy the animated characters that present the nutrition messages in this series of filmstrips. Using familiar story characters enhances interest in the messages and should foster desirable food practices in children.

Subject Index

This subject index of the materials included in this resource guide is provided to assist you in locating resources on specific nutrition education topics. Seven subject areas are given which have been addressed by resources targeted to various audiences. Refer to the item numbers listed after each subject to find materials which focus primarily on that topic.

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